UCSF Committee on the Status of Women, Campus Life Services & The Committee on Family Services present

Talk About Time:

Why We Fail at Work-Life Balance with Dawna Ballard, PhD

Tues., Sept. 27, 9-10:30am
Byers Hall Auditorium, Misson Bay
& via livestream: myfamily.ucsf.edu

Join chronemics expert Dawna Ballard for a facilitated discussion where you will:

• Uncover hidden assumptions about time that may be negatively affecting your quality of life—personally and professionally

• Learn about research that shows why work-life balance programs can be ineffective in helping manage stress

• Identify the time frames of your work to become more strategic in planning work activities.

• Develop a shared literacy in chronemics – time as it is bound to human connection.

Refreshments and conversation will follow the talk at 10:30am
RSVP encouraged at bit.ly/TimeTalk

Dawna Ballard is Associate Professor in the Moody College of Communication at The University of Texas at Austin. An expert in chronemics, she researches what drives our pace of life and its impact on the communication practices and longterm vitality of organizations, communities, and individuals. Dawna has appeared on SXSW, Creative Mornings, and PBS MediaShift. Her work has been featured on the Huffington Post and Medium.