Dealing With Difficult People

Presenter: Lynn Meinders, MSW, EAP Counselor; Aspirus Business Health

Everyone has dealt with a difficult person at some point, either in a professional or personal situation. Have you looked back and wondered what you could have done differently to achieve a better outcome?

Join us to learn how to better handle difficult people and situations when they arise, including:

- Definition of “difficult” in terms of behavior/personality types
- Strategies for responding to a difficult person
- Techniques to manage stress in the moment
- Assertive communication

Thursday, September 20
12:00-12:45pm
Wood County Courthouse
Room 114
RSVP: Wendy Young at 715-421-8437
or wyoung@co.wood.wi.us

This event is open to the community!
It is part of the Wood County Employee Wellness Program. Employees can earn 100 wellness points for Quarter 3.

Presenting Partners:
- Employee Wellness
- UW-Extension
- Healthy People Wood County
- Health Department
- Wisconsin Rapids Community Media

An AA/EEO employer, University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title VI, Title IX and ADA requirements. Requests for reasonable accommodations for disabilities or limitations should be made prior to the date of the program or activity for which it is needed. Please do so as early as possible prior to the program or activity by calling 715-421-8437 so that proper arrangements can be made. Requests are kept confidential.