

# 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](mailto: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