



# WOMEN *in* MANAGEMENT

*Empowering the Women of USC since 1979*

## SAVE THE DATE!

**HSC Professional Development Workshop:  
“Mindfulness” | Tuesday, February 24<sup>th</sup> at 12pm**

**Location: TBD | RSVP by February 19<sup>th</sup> at**

[www.uscwim.org/calendar.asp](http://www.uscwim.org/calendar.asp)

(Lunch sponsored by the Divisions of GHPGIM and Nephrology)

“Mindfulness is being present in the moment, fully aware without judgment. It allows you to be in the here and now with awareness of your mind and body. This workshop will introduce mindfulness based stress reduction tools to increase personal awareness and deal with stress.”

~Rachel Plasencia, LCSW

---

*Rachel Plasencia is a Licensed Clinical Social Worker and Employee Assistance Professional with the USC Center for Work and Family Life. Her clinical experience focuses on the workplace including stress, civility at work and work life balance. She emphasizes a strengths based approach with a special attention to mindfulness and facilitates a mindfulness group for faculty and staff at the CWFL.*

*Center for Work and Family Life is USC’s employee assistance program. We have locations on both UPC and HSC campuses. All CWFL services are a benefit of employment at USC, strictly confidential and free of charge. For more information regarding the range of services we offer, please visit our website: [www.usc.edu/worklife](http://www.usc.edu/worklife)*

Women in Management (WIM) was formed in 1979 in response to the need for an organization for women in leadership positions at USC, and to address the issues of increased representation of women in responsible positions, equal pay for men and women holding similar positions, and the provision of a forum in which women could develop leadership skills. The purpose of the organization remains to provide a forum for communication, professional development, and career opportunities for women at USC.

Follow us on social media

