Bridging the Gap

The purpose of the Bridging the Gap series is to allow UC Berkeley thought leadership, faculty, and staff to excel together by providing a forum to discuss emerging and hot button issues, foster an open exchange, and inform decision-makers.

Space for our sessions is limited so please register using the UC Learning Center available in the “Self Service” section of the blu portal. For additional information please visit our website at http://audit.berkeley.edu/resources/bridging-the-gap, email us at audit@berkeley.edu, or call us at 642-8292.

Audit and Advisory Services
Vision Statement

As a trusted partner, we provide independent, objective, and risk-based information and assurance at the right time to the right people to foster effective decisions.

Ask the Auditor

Do you have a question for Audit and Advisory Services? Please e-mail it to audit@berkeley.edu or submit it online at: http://audit.berkeley.edu/services/ask-auditor/submit-your-question.

Questions will be selected and answered at each session and posted on our website.

Building Resilience in Times of Change
Thursday, May 12, 2016
150 University Hall
10:00–11:30 am

With the campus undergoing a comprehensive strategic planning process due to structural deficits, we must look at our level of psychological and emotional preparedness for change. External stressors are real, yet how we choose to view, experience and manage them is an internal process. To maintain a healthy level of stress, we must cultivate an ability to remain flexible and open in order to adapt and adjust to challenges. This session will look at the changing nature of the workplace, provide an overview of the change process and principles, and focus on how to build your resilience in times of change.

Speaker Notes

Laurie Yamamoto has over 25 years of experience in employee assistance work at UC Berkeley. She has a Master’s degree in Social Work from San Francisco State University and is a licensed clinical social worker. Prior to working at Berkeley, Laurie started her social work and counseling career in San Francisco as a Volunteer Therapist Coordinator and a group facilitator at the UCSF AIDS Health Project, during the height of the HIV epidemic. She also worked as a part-time therapist in private practice for 5 years. Outside of work, Laurie has found a new passion in the arena of digital photo art.