



Duke Professional and Personal Development

Duke Professional and Personal Development (PPDP) announces telephonic groups offered. Telephonic group sessions will last for one (1) hour a week for four (4) consecutive weeks. Call Duke PPDP at 286-1244 or 1-800-336-3853 for more information.

Essential Keys for Reducing Stress

Surrounded by stress? Riding an emotional roller coaster? Feeling frustrated and stuck? Discover how stress can motivate you to take charge of your life and regain control.

Achieving Balance: Applied Spirituality at Work and Home

Are you feeling stressed and searching for more meaning, greater connection and integrity at work and in your personal life? Come and participate in an inspiring discussion in learning three fundamental keys to spiritual living that can work in your life.

Prioritizing What's Important to You

Does your energy seem to be wasted on all the unimportant things in life like laundry and car pool? Discover ways to prioritize what is most important in your life in order for you to feel more content and fulfilled.

Divorce Recovery

Come join us for a divorce recovery virtual group. You will learn 5 essential keys to assist during this time and coping skills for the future.

Single Parents: Taking a Moment for Yourself

It's challenging being a single parent! Give yourself the gift of taking a moment to focus on yourself and network with other women experiencing some of the same stressors you encounter.

Dealing with Difficult People

Ever feel like running for cover when you see a "difficult" person approaching? Examine 3 strategies for handling encounters for with difficult people.

Growing Though Your Grief and Loss

Have you lost someone close to you recently? Are you having a hard time moving through the grief process? Learn more about the four tasks of mourning that can help you grow and move forward after loss.

Spirituality in the Workplace

Does your spirituality feel disconnected from your work? Come and discover ways to grow in your spirituality through your work. Come and learn "ways that work at work" and that support you in your spiritual journey.

Parenting Your Teen

Dealing with the chaotic teen years can send parents over the edge. Discover four key principles for surviving your teenager's adolescence.

Living a Purposeful Christian Life

God offers us lighthouses along our way to guide us in discovering our true path. Join with other Christians to explore the life God desires for you.

What Should You Do With Your Life?

Roadblocks in our career, relationships, or personal aspirations may force us to reevaluate our direction. In the company of other explorers create a roadmap for your personal path.

For more information, or to enroll, please call Elaine or Melissa at
(919) 286-1244 or (800) 336-DUKE, or email duke_ppdp@mc.duke.edu .