The University Staff Council (USC) invites ALL UW-Eau Claire (all locations) University Staff, Academic Staff, and Faculty to the 2021 Professional Development Conference on June 7 - 10. The invitation is further extended to University Staff from other UW System campuses and personnel from Wisconsin Area Tech Colleges, Mayo, Marshfield, and possibly some other local business partners. USC's Professional Development Committee designs this conference specifically to provide professional development opportunities to University Staff, who have limited options to participate and invest in their own improvement and career advancement. This year's theme, Exploring the Gateway of Opportunities, is a reflection on the past events of adapting to a pandemic working lifestyle and looking forward to what those changes have introduced as opportunities for the future of the University of Wisconsin-Eau Claire and all of our locations. Registrants will receive an email with their registration details and links for virtual sessions prior to the start of the conference.

Here's the line-up!

Monday, June 7 | 9:00 AM—9:30 AM
Opening Ceremony (Hybrid, Schofield Auditorium): Event opening by Committee with Welcome Address from Chancellor James Schmidt.

Tuesday, June 8 | 8:45 AM—10:00 AM
Keynote Speaker (Hybrid, Schofield Auditorium): We are excited to bring Jean Abbott as our Keynote Speaker this year. Jean will be presenting “Wheels to Heels: A Positive Purpose”. Vice Chancellor Grace Crickle will join us in welcoming our guest!

Wednesday, June 9 | 12:00 PM—1:00 PM
University Staff Annual Meeting (Hybrid, Hibbard 100): This event is primarily for University Staff of the University of Wisconsin-Eau Claire (all locations). Meeting will include learning about what University Staff Council is working on as well as voting on new committee members. All University Staff members are strongly encouraged to attend.

Thursday, June 10 | 4:00 PM—4:30 PM
Closing Ceremony (Hybrid, Schofield Auditorium): The Committee wraps up the event, including donation prize drawing for UWEC employees (all locations) to follow.
Wellness Fair

This year, the Professional Development Conference is partnering with the Employee Wellness Fair to create a “one-stop shop” event. The UW-Eau Claire Employee Wellness group will be bringing in local vendors to showcase their businesses and share their expertise. Each day will be different, so be on the lookout for ones that interest you! All events will be held on Zoom.

WELLNESS FAIR VENDORS

MONDAY, June 7 | 11:00 AM to 11:50 AM
Juice Plus/Tower Garden with Dr. Laura Bertram
Join Dr. Laura Bertram in learning how ONE SIMPLE CHANGE can make a huge difference in your family’s health! We will be sharing how powerful good nutrition is for all ages. You will also learn about an easy way to get more fruits and vegetables in your family’s diet everyday with Juice Plus+. It is whole food nutrition in a capsule or soft chew-proven to do amazing things in your body! If you can relate to being on the go and needing simple solutions, wishing your kids would eat more veggies, or just knowing that your family is not getting enough fruits & vegetables every day, THIS EVENT COULD CHANGE YOUR LIFE! We will also share an awesome shake mix & whole food bars that are loaded with nutrition and are a super healthy fast food! Product samples available!

TUESDAY, June 8 | 1:00 PM to 1:50 PM
Massaging Insoles with Mike Hammer
One of the world’s finest glycerin-filled, therapeutic, massaging insoles. Our insoles are and have always been USA made!
• Wonderful Performance! Our insoles will massage your feet and increase circulation to your feet (a wonderful product for diabetics!). They are also excellent shock absorbers for your feet, knees, hips, ankles and back.
• Very Versatile! One pair fits in all shoes: dress, casual, sneakers, sandals, flip-flops, heels and work boots.
• Easy to Care For! Machine wash our insoles on a weekly basis and they will last longer, work better and they will act as odor eaters.
• Very Durable! Our insoles are sports tested, impact tested. Plus, we offer a two year warranty!
  Massaging Insoles: A Natural Approach To Health!

WEDNESDAY, June 9 | 3:00 PM to 3:50 PM
VIBE Nutrition with Charles Probst
Vibe Nutrition will be presenting an introduction to the Herbalife product line and program. The Herbalife Nutrition product range has been designed to support your wellness goals - no matter how simple or complex they might be. Whether you are looking to reach your ideal healthy weight, or you are a regular gym-goer striving to improve your performance, we are here to help. Explore our product range and discover how you can achieve balanced nutrition with the help or our protein shakes, weight-management programs, nutritional supplements, sports nutrition solutions and personal care products. Take the first step toward a better and healthier active you. Let us know if you want to start your own journey today! It all starts with a 3 Day Trial!
Overview of Events

The Professional Development Committee plans a variety of workshops to provide a wide breadth of options. Each session falls under the purview of one of the following categories.

Cultivating Perspective
Learn various skills and abilities for working in an equitable, diverse, and inclusive environment.

Campus Connections
Explore and engage with campus peers and information leaders to improve network ties and vocational knowledge.

Achieving Balance
Pursue a high quality of life by developing talents and interests to complement campus experiences while valuing personal health and well-being.

Miscellaneous
Collaborate and learn distinctive topics from assorted presenters to enhance your career and personal goals.
Cultivating Perspective Sessions

How to Be an Ally of Action | Zoom Virtual Presentation
MONDAY, June 7 | 12:00 PM to 1:00 PM
A safe and supportive workplace has long been a goal of companies and institutions. This workshop treats every participant as a potential “ally” (not confined to the strict roles of “victim” or “harasser”) and focuses on the complexities of creating a respectful workplace that welcomes diversity, beyond “legal compliance training.” This approach to training bystanders to become allies promotes that we’re all impacted by bullying, incivility, microaggressions, and other misconduct in and out of the workplace. Presenter will share information about what this might look like and how to support co-workers who experience it.

NOTE: This presentation is a 50-minute excerpt of the daylong “Respectful Workplace Training” as part of Continuing Education’s Supervisor Management Certificate Program.

Presented by: Patti See
Ms. Patti See is an award-winning author whose work has appeared in Brevity, Salon Magazine, The Wisconsin Academy Review, The Southwest Review, HipMama, Inside HigherEd and many other magazines, journals and anthologies. She is the co-editor (with Bruce Taylor) of Higher Learning: Reading and Writing About College (Pearson Education, 3rd edition) and a poetry collection, Love’s Bluff. She wrote the blog “Our Long Goodbye: One Family’s Experiences with Alzheimer’s Disease” which has been read in over 100 countries. She was a frequent contributor to Wisconsin Life on Wisconsin Public Radio and she currently writes a monthly column, “Sawdust Stories,” for the Eau Claire Leader-Telegram.

Patti has facilitated over seventy-five presentations and workshops to teenage through senior audiences on topics as varied as leadership and emotional intelligence, creative non-fiction writing, contemporary films, fostering grit, everyday feminism, keeping men in college, Alzheimer’s Disease, kidney & bone marrow donation, and equity-diversity-inclusion. Patti works as an Academic Advisor in the Advising, Retention & Career Center (AR+CC) and as a Senior Lecturer in the Women’s, Gender & Sexuality Studies Program (WGSS) at UW-Eau Claire. She created and regularly teaches courses on “Contemporary Feminisms” and “Masculinities in Contemporary American Film.”
Cultivating Perspective Sessions

Confronting Problematic Behaviors | **Zoom Virtual Presentation**
TUESDAY, June 8 | 10:00 AM to 11:30 AM
Come learn how to put your knowledge into action! We will be teaching practical strategies for how to confront racism, sexism, and other isms one might encounter in their work life. Attendees will take concepts from the Microaggressions and Safe Space trainings and apply them to really life scenarios. This is a very interactive training, lots of small group work! They will practice confronting someone, receive immediate feedback, and then get a chance to try again. We will also address self-care, motivation, and when to report behavior. This program is targeted to faculty and staff.

Presented by: Ashley Fritz and Ashley Walton-Beal

**Ashley Fritz** is the Assistant Dean of Students, focusing on student conduct and behavior; she has been with UWEC for three years, and in that time has helped both students and professionals work through conflict and growth opportunities.

**Ashley Walton-Beal** graduated from University of Wisconsin - Stout with her Masters in Mental Health Counseling. Ashley has been at UWEC for 4 years and is the Equity and Diversity Coordinator for the office. Ashley’s areas of interest include anxiety, depression, gender and sexuality, mindfulness, and underrepresented students.
Schedule of Events | PDC Session Offerings
Last Updated: 28 May 2021

**Cultivating Perspective Sessions**

**Microaggressions | Zoom Virtual Presentation**
**TUESDAY, June 8 | 1:00 PM to 2:50 PM**
Microaggressions are the everyday verbal, nonverbal, and environmental slights, snubs, or insults, whether intentional or unintentional, which communicate hostile, derogatory, or negative messages to target persons based solely upon their marginalized group membership. Workshop participants will learn to recognize microaggressions when they are perpetrated in the classroom and how to address them effectively.

**Identity, Privilege, & Oppression | Zoom Virtual Presentation**
**WEDNESDAY, June 9 | 1:30 PM to 3:00 PM**
This session will help you understand how identity, privilege and oppression impact your daily life. You will explore ways to undermine systems of privilege and oppression in your scope of work.

**Both presented by: Jodi Thesing-Ritter**
Jodi Thesing-Ritter is the executive director for diversity and inclusion at UW-Eau Claire. She provides leadership for diversity and inclusion for the campus, facilitates the Civil Rights Pilgrimage, teaches in the Women’s Studies and Honors programs and provides ongoing training and development on issues of diversity and inclusion. Jodi received a bachelor’s degree in biology from St. Mary’s University in San Antonio, TX, a master’s degree in student personnel administration from Columbia University and an education specialist degree from UW-Stout. Jodi volunteers as the adult leaders president for Eau Claire County 4-H, a baseball coach for the Eau Claire Nationals and softball coach for Eau Claire Fastpitch, serves as past president and tournament director for Eau Claire Fastpitch, a member of the Eau Claire County Fair Committee and is the owner of the Eau Claire Sport Warehouse. She is the proud mom of four children- Miranda (25), Morgan (23), Mason (15), McCabe (13). She and her husband, Scott, live on a farm just outside of Eau Claire and have resided in Eau Claire for the last 27 years.
Cultivating Perspective Sessions

How Much Racial Discrimination is There Really? Evidence from Field Experiments | Zoom Virtual Presentation
THURSDAY, June 10 | 3:00 PM to 4:00 PM
Everyone agrees that racial inequalities exist in America, but what causes them? Most Americans think they are caused by something other than discrimination, which we would like to think is a thing of the past. This workshop shows how much racial discrimination exists today, using evidence from the toughest scientific tests—the ones designed to show that it doesn’t exist. Participants will be invited to apply lessons learned to their own lives and workplaces.

Presented by: Peter Hart-Brinson
Peter Hart-Brinson is an Associate Professor of Sociology and Communication/Journalism at UW-Eau Claire. His presentation is adapted from the courses he teaches on social inequality and research methods, including Introduction to Sociology, Diversity and Communication, and Sociological Research Methods.

Implicit Bias in Education & Health Care | Zoom Virtual Presentation
WEDNESDAY, June 9 | 1:00 PM to 2:30 PM
In this session, concepts and methods for assessing, explicit and implicit bias will be introduced. Attendees will participate in a real-time IAT to allow for a deeper understanding of implicit bias. Using examples from education and healthcare, implicit (and explicit) bias will be connected to known behavioral outcomes (individual level) and social inequalities (institutions/systems level). Methods for reducing one’s own biases and limiting the impact of collective biases on organizational outcomes will be reviewed. Participants will gain a greater understanding of connections between individual biases and social inequalities and strategies for personal and organizational change.

Presented by: Jeff Goodman
Jeff Goodman earned his PhD in Experimental Social Psychology from the Univ. of Maine in 2008. He is faculty at UW-Eau Claire (Professor and Chair of the Psychology Department). He served as UWEC’s EDI Fellow from 2015-2017 and has played leadership roles in campus EDI initiatives. His research focuses on social and cognitive aspects of stigma, prejudice, and discrimination from majority and under-represented/stigmatized perspectives. Jeff provides evidence-based trainings, workshops, and consultations on bias to students, faculty/staff, healthcare providers, and criminal justice professionals in hopes of encouraging individual, organizational and community growth.
Campus Connections Sessions

SharePoint (Blugold Insider) | MS Teams Virtual Presentation
THURSDAY, June 10 | 10:00 AM to 10:50 AM
SharePoint is one of many apps in the Microsoft Office Suite and just like any other app the software is updated and changes over time. LTS is currently working on cleaning up its existing site, moving items to Teams when appropriate, and in the near future will migrate from Classic SharePoint to Modern SharePoint. This presentation will introduce you to the proposed work and migration for every department as we move to the Modern version of SharePoint.

Presented by: Sherrie Miles (CAP, PM, OM)
Process Improvement Coordinator, Associate IS Specialist
Continuous Improvement Services (CIS), Learning and Technology Services (LTS)
Sherrie is currently working toward MOS Expert Certification and serving in a support role in CIS. She keeps MS Teams open and uses it daily. She keeps current with MOS updates and shares them across campus, though this can be challenging. She is enthusiastic about sharing a deeper look at how MS Teams is a great collaboration tool to a broader audience.

Microsoft Teams: Tips for a Successful Experience with the Ultimate Collaboration Tool | MS Teams Virtual Presentation
TUESDAY, June 8 | 2:00 PM to 2:50 PM
This session will cover multiple tips of what can be done with TEAMS: from online calls, to taking notes, to building a collaboration center for your needs.

Topics covered include: how to add people on the fly to a chat/call; you do have a decent webcam/microphone/speakers, right?; how to set up your webcam/microphone/speakers; how to delete chats; how to use built-in OneNote abilities; how to use raised hands feature; using the web version instead of the full client app; and much more!

Presented by: Chip Eckardt and Sherrie Miles
Senior Information Processing Consultant, Manager of Learning Spaces and Process Improvement
Learning and Technology Services (LTS) “I have been at UW-Eau Claire since the dinosaurs roamed our campus. I have used Microsoft TEAMS since the days when it was in beta. I normally have multiple TEAMS meetings every day and have configured multiple TEAMS sites.”

To date, MS Teams has completed 8 updates in 2021 with multiple new features in every update. We will assume you have some familiarity with the platform, and during this presentation will go through the new features with you.
Campus Connections Sessions

**An Opportunity to Connect: Maximize Your Communication Strengths | Hybrid Format with Zoom (Location TBD)**
**TUESDAY, June 8 | 3:00 PM to 3:50 M**
**and THURSDAY, June 10 | 11:00 AM to 11:50 AM**
Understanding your own communication style and how it interacts with the style of others is an important tool for better relationships at home, in the community, and at work. Participants will identify their own communication style, explore the advantages and challenges associated with that style, and discover and practice hints for adapting that style in various communication situations. They will leave the session with a plan to improve their communication.

**Presented by: Mary Hoffman**
Academic Affairs/Provost Office, Professor in Department of Communication + Journalism
As a faculty member, Mary Hoffman teaches courses in public speaking, organizational communication, strategic event planning, training and development, and message strategies in organizations. As a communication scholar she is committed to the idea that improving all aspects of communication in an organization enhances individual employees' experiences as well as organizational effectiveness. She currently serves as Interim Associate Vice Chancellor for Academic Affairs and Interim Dean of Graduate Studies.

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**Ins and Outs of eForms | Hybrid Format with Zoom (Location TBD)**
**THURSDAY, June 10 | 2:00 PM to 2:50 PM**
*(Recommended for UWEC employees only)* UWEC has a lengthy history of electronic forms. The first HR eForm was created in 2009, and it is still collecting data and used weekly by Human Resources. So how does the system work and how can it work for you? What can make your work life a little simpler?

**Presented by: Gage Donkers**
Associate IS Specialist, Business Process Management Architect
“I graduated from UWEC in 2019 with a major in Computer Science and a minor in German. I spent one semester studying abroad in Germany, which is an experience I highly recommend to anybody and Eau Claire has a really good study abroad program. Some of my favorite activities include rock climbing, reading, hiking, kayaking, and pretty much anything outdoors. One of the coolest things I got to experience related to that would be ice climbing, which I went on a trip for that through the EAC on campus. Despite that, I do also enjoy more leisurely activities, such as watching a good show or playing video games (especially virtual reality). I also have a pet turtle named Leo and a pet cat named Sokka. Aside from that, I love to travel and am hoping to get to a few places on my list outside of the US once the world opens up more and it’s safe to travel, the top choice being New Zealand.”
Lead Yourself by Aligning Your Time with Your Values | Zoom Virtual Presentation
MONDAY, June 7 | 1:00 PM to 1:50 PM
Are you a professional procrastinator? Do you always feel like you are running behind and missing opportunities? How often do you get to the end of the day and lament "I got nothing done that I wanted to!"

It's all too easy to lose an entire day of productivity because you were reacting and putting out fires. Join speaker, trainer, and leadership development consultant Stacy Whaley as she shares real world time management strategies that help you overcome procrastination. Learn how to align your time with you values and highest priorities and how to take back control of your calendar. Walk away with tools that will create time in your day and help you avoid stress and overwhelm.

Presented by: Stacy Whaley
As the Founder of Fire Up & Lead, Stacy Whaley is on a mission to transform workplace cultures. She passionately believes this begins by building people-centered businesses. Stacy has a long background of working in diverse environments, including leadership positions in sales, account management, financial planning, and call centers. Through these roles, she has witnessed both the good and bad of leadership—and it’s these experiences that propelled her to start her business in 2016. As a Dare to Lead™ certified professional and Authorized Partner of Everything DiSC®, she teaches, guides and supports leaders at every level of the organization as they bring to life a people-centered culture.
Achieving Balance Sessions

Bullet Journaling for Beginners | Zoom Virtual Presentation
THURSDAY, June 10 | 2:00 PM to 2:50 PM
Interested in getting organized or improving time management? Bullet journaling is one tactic that can help you do both! In this session, you’ll learn the basic concepts of bullet journaling for organizing professional or personal information. This session will also cover planning strategies to help you get started, structure your own highly customizable bullet journal, and organize your information in a way that works for you.

Presented by: Erin Kriener
Erin Kriener is the Equipment Checkout and Desk Supervisor at UW-Eau Claire McIntyre Library, and a frequent workshop presenter with the Blugold Makerspace.

Department Declutter: Tips for making the most of your space | Zoom Virtual Presentation
MONDAY, June 7 | 10:00 AM to 10:50 AM
For many people, a decluttered work area makes it easier to focus and feel calm on the job. However, maintaining an organized space free of clutter is often easier said than done. Topics covered in this session include how to completely declutter your desk, manage paper, and how to deal with unwanted items, such as old furniture, campus artifacts, and artwork. Decluttering has a way of bringing underlying issues to the surface, so we’ll also cover some tips for working with Facilities, such as requesting repairs and painting, re-arranging existing furniture, and purchasing new furniture.

Presented by: Trista Anderson
Trista has had a knack for decluttering and organizing since childhood, but she took it to the next level when she began her job as the USPA for McIntyre Library in 2013. She chairs the library’s Space Planning Committee, charged with assessing library spaces and identifying the means to create a more functional, attractive, accessible, and inclusive environment. In addition to improving the library’s public spaces, Trista enjoys creating functional staff areas and helping her colleagues declutter and improve their private offices.
Achieving Balance Sessions

Your Emotional Intelligence | Hybrid Format with Zoom (Location TBD)
MONDAY, June 7 | 2:00 PM to 2:50 PM
What is Emotional Intelligence (EI)? How is this different than IQ? How does this affect the way I work, communicate, or react to others? Understanding your emotional intelligence can help you answer these questions. Based on the work of Daniel Goleman, you will learn about the five keys to emotional intelligence including self-awareness, managing emotions, motivating oneself, empathy, and social skills. Also, take with you the EI assessment (post-session) to measure your own emotional intelligence.

Presented by: Karen Callaway
Human Resource Representative, UWEC Human Resources
Karen's passion for leaning has led her to work with employees to continually develop new knowledge, skills, and abilities. In her career, she has worked in the restaurant, banking, insurance, manufacturing, and higher education industries to gain knowledge of how employee learning differs in various settings. Along the way, Karen continued her education by completing two associates degrees, a bachelor’s, a masters’, and a PhD in Adult Education. She also is certified as a SHRM-CP and a PHR. She has been with UW-Eau Claire for almost five years working in Human Resources as a HR Specialist and currently is focusing on Professional Development and Retention of UWEC employees.

Stress Management Workshop | Zoom Virtual Presentation
TUESDAY, June 8 | 4:00 PM to 4:50 PM
And THURSDAY, June 10 | 12:00 PM to 12:50 PM
It’s becoming increasingly known that emotions, particularly stress, can be held in our bodies. This presentation outlines stress reactions, stress management techniques, and how mindfulness meditation can help to cope with stress that affects our ability to work effectively. Gain insight into how stress can present and learn somatopsychic (relating to body and mind) stress management techniques.

Presented by: Ashley Galoff
“My name is Ashley Galoff, CSW, LPCIT, MS and I am an Associate Counselor/Case Manager in Counseling Services at UW-Eau Claire. I have worked at UW-Eau Claire for the past three school years and have worked in various capacities in the mental health field for the past 9 years. I have an undergraduate degree in Social Work from UW-Eau Claire and a master’s degree in Clinical Mental Health Counseling from UW-Stout. Throughout my career, I have spent significant time professionally and personally working on stress management techniques, particularly those that focus on the mind and body connection.”
Achieving Balance Sessions

Mindfulness and Meditation—The Basics | Zoom Virtual Presentation
WEDNESDAY, June 9 | 9:00 AM to 9:50 AM
This workshop will serve as an introduction to mindfulness and meditation. Facilitators will briefly outline three different styles of mindfulness and one form of meditation. Participants will be invited to engage in short experiential exercises aimed at exploring various techniques. Learning objectives include: increased awareness of various mindfulness and meditative styles, understanding of how mindfulness and meditation could impact emotions/ stress, introductory skills of how to incorporate mindfulness/meditation into daily schedules, and acquisition of resources for further independent exploration.

Work Life Balance: Working from Home and Considerations During COVID-19 | Zoom Virtual Presentation
WEDNESDAY, June 9 | 10:00 AM to 10:50 AM
This workshop will provide information on how to address stress from various aspects of life as we all strive to better balance our mental and physical health. Topics addressed will include normalizing the stress and uncertainty of working from home, (im)balanced responsibilities, establishing more effective self-care practices, and general discussion on overall wellness. Although one-size does NOT fit all, we hope everyone can walk away with some ideas of how to improve their current wellbeing.

Both Topics Presented by: Dr. Melissa Will and Ashley Walton-Beal

Dr. Melissa Will graduated from the University of Georgia with her doctorate in Counseling Psychology. Her specific areas of focus include eating disorders, gender, and the intersectionality of identities. Originally from Wisconsin, she is excited to be back in the Midwest. She currently works in UWEC’s Counseling Services as the Training Coordinator and provides therapy to students. When not at work Melissa enjoys spending time with her family and making a mess in the kitchen.

Ashley Walton-Beal graduated from University of Wisconsin - Stout with her Masters in Mental Health Counseling. Ashley has been at UWEC for 4 years and is the Equity and Diversity Coordinator for the office. Ashley’s areas of interest include anxiety, depression, gender and sexuality, mindfulness, and underrepresented students.
Achieving Balance Sessions

Thriving through Adversity | *Zoom Virtual Presentation*
TUESDAY, June 8 | 11:30 AM to 1:00 PM

How do you turn adversity into something positive and productive at any level in our lives? How do we move forward from difficult situation and not let them bring us down? How do you work with teams to “recover positively” after a long series of difficult events? Dominic’s action-packed presentation offers an abundance of real life stories, use-it-now tools, and pure laughter to help teams harness the power within them to turn adversity into something positive and productive at any stage of their development. This inspiring and self-empowering presentation will help attendees:

- Confront and release their limiting beliefs
- Have the GUTS to push through anything
- Find their internal strength and drive to channel that in their lives
- Stay focused on their intentions, paths, and goals
- Harness the power to deal with loss and disappointments
- Thrust into greatness

Dominic Amegashitsi will shine some light on your team to encourage them to overcome any obstacles at work.

Presented by: Dominic Amegashitsi, Boost Your Motivation, LLC
Learn about Dominic’s story on his [website](#)!
EAP: What They Do and How They Help | Zoom Virtual Presentation

**WEDNESDAY, June 9 | 2:00 PM to 2:50 PM**
and **THURSDAY, June 10 | 1:00 PM to 1:50 PM**

In this presentation, a Kepro specialist will cover all things EAP: What is an Employee Assistance Program? Who is eligible to use it? Is it free? How do we access the services? And what services do they provide? Did you know your EAP provider can help with things like pet care resources, travel planning, event planning, finding childcare, tax questions, improving your credit, legal consultations on estate planning, custody/divorce situations, adoptions, and even traffic violations? We will learn what kinds of support is offered and delve into the specifics of their Personal Wellness services, Legal and Financial Services, Child/Adult/Elder Care resources, Work-Life Balance resources, and Organization Support services. If you’ve ever wondered what your Employee Assistance Program offered, or how to utilize it, this presentation is for you.

**Presented by: Kelly Rissky**

Kelly Rissky brings over 15 years of specialized experience in the EAP field. Kelly started her EAP career as an EAP telephonic counselor, providing support and crisis intervention to employees and families. In the role of Senior EAP Consultant, Kelly provided high level guidance to HR leaders, contract holders, executives, and managers of organizations of all sizes. Kelly has coordinated hundreds of onsite trauma response services following critical events impacting the workplace; helping employees gain resilience and build their coping skills. Kelly has provided performance and leadership coaching to EAP clients, helping them achieve higher productivity, improved attendance, and overall improved satisfaction with their situations. Kelly resides in Wisconsin and received her Masters of Science in Educational Psychology from the University of WI-Milwaukee and her undergraduate degree in Human Services and Sociology from the University of WI-Oshkosh. Outside of work, Kelly enjoys spending time with her husband, Brian and three kids Reese (13), Paige (11) and Leo (6).
**Miscellaneous Sessions**

**Improving the Outcome of Difficult Conversations | Zoom Virtual Presentation**

**TUESDAY, June 8 | 3:00 PM to 3:50 PM**

**and WEDNESDAY, June 9 | 4:00 PM to 4:50 PM**

You know you need to have the conversation. You know it’s going to be difficult. You avoid the conversation, or you have the conversation and it doesn’t go well. If it has happened to you, and you want to learn how to improve the outcome of difficult conversations, join this session. We will explore *Crucial Conversations: Tools for Talking When the Stakes are High*. You will leave this session with practical communication skills that will help you have those conversations you’ve been avoiding or maybe you have had but have not had positive results.

**Presented by: Dr. Aliesha Crowe**

Dr. Aliesha Crowe currently serves as the Vice President of College Advancement at Northeast Wisconsin Technical College. Throughout her 21 year career in education, Dr. Crowe has served in both faculty and leadership positions. Having spent most of her career in roles that involve engaging both internal and external stakeholders, Dr. Crowe has remained focused on building relationships based on trust and transparency. She is currently a certified Crucial Conversations trainer for her college.
Schedule of Events | PDC Session Offerings
Last Updated: 28 May 2021

Miscellaneous Sessions

WRS System: Early Career to Mid-Career | Zoom Virtual Presentation
MONDAY, June 7 | 3:00 PM to 4:30 PM
A representative of the Department of Employee Trust Funds (ETF) will present retirement benefit information focused on members that are new or mid-career (more than five years from retirement).

Learn about topics that are important to you including:
- Enhancing Your Retirement Benefit
- Beneficiary Designation Forms
- New Vesting Requirement
- Contribution Rates
- Core Trust Fund & Variable Trust Fund
- Separation Benefit
- Survivor Benefits
- How Divorce Affects Your Retirement Account
- Military Service Credit
- Purchasing Service

This session is for you, if you are looking for ways to enhance your retirement benefit, may be new to the WRS and have questions about WRS benefits.

WRS System: Mid-Career to Retirement | Zoom Virtual Presentation
WEDNESDAY, June 9 | 9:00 AM to 10:30 AM
If you are a Wisconsin Retirement System member, please join us for a presentation about your WRS benefits. During this presentation, we will discuss the following topics:
- Core and Variable Trust Funds
- Additional Contributions
- Survivor Benefits
- Beneficiary Designation Forms
- Retirement Eligibility & Benefit Calculations
- Annuity Options and Adjustments
This session is for you, if you…
- Are looking for a better understanding of WRS retirement benefits.
- Are planning for your financial future and hope to maximize your WRS benefits.
- Have questions concerning WRS retirement benefits and wish to have them addressed by an ETF specialist.

Both sessions presented by: Paul Braatz
Paul has over 12 years of experience as a Trust Fund Specialist serving both participants and annuitants in the Wisconsin Retirement System (WRS). He enjoys assisting members of the WRS in one-on-one and group presentations, interactive webinars and public presentations. Paul also provides education and information to WRS participants when traveling for ETF throughout Wisconsin with a focus in the Northeast region of the Badger State. Paul also has a military background with 25 years of uniformed service. Paul’s goal is to provide members of the WRS an understanding of their benefits in a way that puts them at ease with their future plans and retirement decisions.