

# University Staff Professional Development Conference 2022



## "It Starts with US"

University Staff

The University Staff Council (USC) invites all University Staff, Academic Staff, and Faculty to participate in the 2022 Professional Development Conference. 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 "It Starts with US!" is a nod to University Staff – US! The dual meaning intended with the theme is to recognize and appreciate the work this group of people provides to UW-Eau Claire. A solid foundation supports growth and dedication to our students, the University, our individual teams, and one another.

### Schedule of Events | Main Events

**Wednesday, June 8 | 8:00 AM - 8:45 AM**

**Opening Ceremony:** Event opening by Committee

**Thursday, June 9 | Welcome Address/Social Hour | 8:00 AM- 8:45 AM**

Light refreshments will be available.

**Keynote Speaker: Jesse Ross | 9:00 AM - 10:30 AM**

*Understanding Your Unique Jungle*

The last two years have been a jungle, and frankly, we have a few different animals running around in this jungle we call work! Whether you feel unseen, overworked, or just tired because of the end of the school year, this session is designed to revitalize you and allow an opportunity to recharge your spark personally and professionally. Let's dive into what you need in order to help you become the best version of you, even if the big U doesn't always feel like it really cares for You!

**Lunch | 11:45 - 12:15 PM**

**University Staff Annual Meeting | 12:15 PM - 1:00 PM**

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.

**Closing Ceremony | 3:40 PM - 4:40 PM**

The Committee wraps up the event including donation prize drawing for all participants in attendance.

# Schedule of Events | Event Layout

## 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.

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## Cultivating Perspective

### Being Access Able: Disabilities Yours, Mine and Ours

9:00 AM - 10:00 AM

Who are the disabled? Why should I accommodate people with disabilities (including laws)? What accommodations are needed and how do we know? What are some basic courtesies, words to use, etc. to be respectful of customers/clients with disabilities? What are some small steps to increase the accessibility of my workplace that I can take with me from this seminar?

**Presented By: Kathie Schneider**

Dr. Katherine Schneider is a retired clinical psychologist, blind from birth, who worked half of her career at UWEC.



## Achieving Balance

### Navigating Work-Life Balance Beyond COVID-19

9:00 AM - 10:00 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.

**Presented by: Melissa Will & 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.

## Miscellaneous

### **WRS: Early Career to Mid-Career planning (1.5 hours)**

**9:00 AM - 10:45 AM**

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, and 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.

#### **Presented By: Randy Porter**

Randy is a Trust Funds Specialist-Advanced with the Department of Employee Trust Funds (ETF). He has been serving in the Member Services Bureau since 2012. Prior to joining ETF, his focus was on customer satisfaction with other state/federal agencies and private sector companies. In his position with ETF, he travels the west central section of Wisconsin delivering large public and private group presentations. Randy also delivers online webinars and is available to meet with members one-on-one in the Madison office. Randy has received recognition from various agencies and private organizations for his delivery of high-level customer satisfaction. In addition, he has

won hundreds of sales awards with his active listening and empathetic approach to insuring customer needs are fulfilled. Randy's main objective is to present information about the Wisconsin Retirement System in a way that is clear and concise to the participants. His goal is to make the process of retiring as stress-free and fun as possible.



## Cultivating Perspective

### Microaggressions in the Workplace

**10:15 AM - 11:15 AM**

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, reduce them in their daily lives and support students who experience them daily.

**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 is the owner of the Eau Claire Sport Warehouse and 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.



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### Religion on Campus: Can We Talk About It?

**12:45 PM - 1:45 PM**

As employees working at a public university, we have rights to free speech, academic freedom, and religious freedom. We are sometimes challenged when we have to figure out how those rights harmonize with the rights of other people, whether they be our students, co-workers, or guests (invited or not) to campus. We will discuss how to navigate these issues and how they affect our lives as employees.

**Presented by: Teresa O'Halloran**

Teresa joined UW-Eau Claire in 2006 as Affirmative Action Director. She collaborates with departments and units across campus in support of equal opportunity, affirmative action, and workforce diversity. Teresa also serves as campus Title IX Coordinator, Custodian for Public Records, and Legal Liaison to UW System.



## Campus Connections

### ShopUW+ Tips

**12:45 PM - 1:45 PM**

A look into the ShopUW+ system from a procurement and accounts payable viewpoint along with common tips, tricks, and FAQs. If you have any specific questions and/or concerns, please provide those prior to the session.

**Presented by: Cheri Falkner, Director of Procurement UW-Eau Claire & Amanda Brummond, Assistant Controller, UW-Eau Claire**

Cheri is the current Director of Procurement at UW-Eau Claire and she is teaming up with Amanda Brummond, Assistant Controller for UW-Eau Claire to offer this training. Both Cheri and Amanda have several years of procurement and accounts payable experience with project management backgrounds.



## Cultivating Perspective

### How Much Racial Discrimination is There Really?

**2:00 PM - 3:00 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.



## Campus Connections

### Data Resources for Decision Making

**2:00 PM - 3:00 PM**

An overview of internal and external data resources available to campus staff with discussion of how these resources can be utilized for decision making.

**Presented by: Casey Rozowski, Director of Data Management, Analytics, and Reporting**

Casey Rozowski has served as Director of Data Management, Analytics, and Reporting at UWEC since 2020. As manager of the Office of Institutional Research, Casey oversees institutional data governance, internal and external reporting, and decision-analysis for senior leadership. Casey has his PhD in Economics, Master's degrees in Applied Economics and Financial Mathematics, and Bachelor's degrees in English Literature and Mathematics.



## Achieving Balance

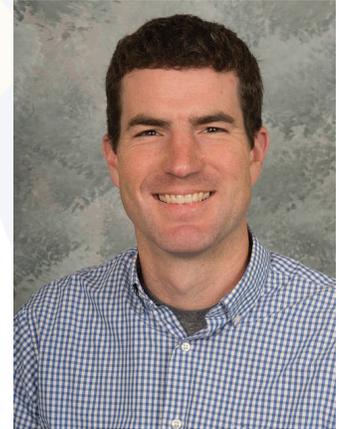
### **Kognito: Suicide Prevention Training**

**2:00 PM - 3:00 PM**

At-Risk Mental Health for Faculty and Staff, is an online learning module that educates faculty and staff about mental health and suicide prevention which supports improved academic performance, student retention, and campus safety. You will learn about common mental health concerns for students and practice in a simulated role-play. After completing the online module there will be an opportunity to return to the bigger group and ask questions.

#### **Presented by: Riley McGrath**

Riley McGrath has been the Director of Counseling Services at UWEC since 2017. He is a licensed Psychologist and holds a Master's degree and a PhD in Counseling Psychology. Riley has been working in college student mental health for over 12 years. He utilizes a strength-based approach to counseling that draws from cognitive behavioral therapy, Positive psychology, and client centered frameworks.



## Miscellaneous

### **WRS: Mid-Career to Retirement planning (1.5 hours)**

**2:00 PM - 4:15 PM**

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, and 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.

#### **Presented by: Randy Porter**

Randy is a Trust Funds Specialist-Advanced with the Department of Employee Trust Funds (ETF). He has been serving in the Member Services Bureau since 2012. Prior to joining ETF, his focus was on customer satisfaction with other state/federal agencies and private sector companies. In his position with ETF, he travels the west central section of Wisconsin delivering large public and private group presentations. Randy also delivers online webinars and is available to meet with members one-on-one in the Madison office. Randy has received recognition from various agencies and private organizations for his delivery of high-level customer satisfaction. In addition, he has won hundreds of sales awards with his active listening and empathetic approach to insuring customer needs are fulfilled. Randy's main objective is to present information about the Wisconsin Retirement System in a way that is clear and concise to the participants. His goal is to make the process of retiring as stress-free and fun as possible.



## Campus Connections

### Outlook Tips & Tricks

**2:00 PM - 4:15 PM**

Join this session to learn about features within Outlook that will take you to the next level of performance! You will learn tips and tricks on functionality such as Quick Parts, Quick Steps, rules, sticky notes, and other productivity-boosting features.

**Presented by: Sheila Kohls, Adjunct Instructor CVTC Workforce Solutions**

Sheila Kohls is an adjunct instructor for CVTC Workforce Solutions and the CVTC Business Management program. She is a business professional with over 30 years of experience holding leadership positions in process improvement, project management, information technology, contact centers, and customer service across a variety of industries. She has a BA in Computer Science- Business Applications, associate degrees in Computer Information Systems and Accounting, and a Six Sigma Green Belt.



## Cultivating Perspective

### Sign Language & Culture 101

10:45 AM - 11:45 AM

Learn basic sign language and how to interact/work with Deaf people.

**Presented By: Kristin Scheibe, Senior Lecturer, Communication Sciences and Disorders, UW-Eau Claire**

Kristin Scheibe is a senior lecturer in American Sign Language and Deaf culture at UW-Eau Claire. Kristin has taught for more than 25 years; the last fifteen years at UWEC. Kristin has a master's degree in Education-Professional Development from UW-Eau Claire and a bachelor's in American Sign Language Studies from Metropolitan State University in St. Paul, Minnesota. Kristin teaches American Sign Language Level 1-5 and ASL Linguistics and Cultural Perspectives of the Deaf. She works to make this program grow strong.



## Campus Connections

### Active Shooter Training

10:45 AM - 11:45 AM

ALICE Training teaches the skills needed to “Counter” an attacker's ability to shoot accurately. We teach the use of noise, movement, distance, and distractions to make shooting accurately very difficult, and if appropriate, teach a swarm technique to take back control as a last resort.

**Presented by: Vincent Xiong, Police Officer, UW-Eau Claire**

Officer Vincent Xiong joined the UW – Eau Claire Police Department in 2020. He has previous experience as a Mental Health/AODA Counselor. Vincent is an active member of the Hmong communities focused on strengthening family values and beliefs.



## Miscellaneous

### Understanding your Employee Assistance Program

10:45 AM - 11:45 AM

In this presentation, Account Manager, Kelly Rissky will cover everything you need to know about your EAP benefits. She will cover: What IS an EAP? Who can use it? How to use it? What services are included? If you've ever wondered what your EAP offered or how to utilize it, this presentation is for you.

**Presented by: Kelly Rissky – Account Manager Kepro**

Kelly Rissky brings over 17 years of EAP experience to her role as Account Manager for the State of WI & UW System. Kelly started her 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 leadership of organizations of all sizes. Kelly is known for providing top notch customer service. Kelly received her Masters of Science in Educational Psychology from UW-Milwaukee and her undergraduate degree in Human Services and Sociology from UW-Oshkosh. Outside of work, Kelly enjoys spending time with her husband and three kids.



## Campus Connections

### **Blugold Makerspace: 3D Printing, Laser Cutter, and more**

**10:45 AM - 11:45 AM**

Learn about the 3D printer and laser cutter available to the University community in the Blugold Makerspace. As we watch a 3D printer run, we'll look at the range of projects these machines can build and discuss how to get started using them.

**Presented By: Dan Hillis, Library Systems & Makerspace Coordinator, UW-Eau Claire**

Dan Hillis is the Coordinator of the Library Systems department and the Blugold Makerspace in the lower level of the McIntyre Library. Dan has been in his position for the past seven years but has been on our campus for 18 years. Dan is an alumnus of UWEC and graduated with a Computer Science degree in 2002. His personal interests include: electronics, robotics and video game development.



## Achieving Balance

### **Managing Time for Your Priorities**

**10:45 AM - 11:45 AM**

This presentation allows the participants to closely look at their normal day and how they “spend” their time. It will include time for everyone to truly think about their priorities and how they plan to live their lives with the limited time they are given each day. Also, specific strategies for easy time management will be included. Living without regrets based on your priorities and goals will also be addressed. It's TIME to attend this possibly life-altering session!

**Presented by: Tom Kidd, Retired Health Educator, Author, & Owner of Balanced Wellness Services**

Tom is well known in our area from his years of being a health educator at Osseo Fairchild and Fall Creek Schools, and then finished his last 20 years of teaching at DeLong Middle School. He was the Health Educator Coordinator and Consultant for 30 schools within CESA 10 and was an adjunct faculty member for Chippewa Valley Technical College and Viterbo University as well. Tom speaks publicly to a wide array of audiences from students and parents to organizations like UW-Eau Claire on over 100 different health and wellness related topics, through his own business, Balanced Wellness Services. He has now taken up writing and recently published his second book. Tom is a proud husband, father, grandfather, and friend. Tom has been a true mentor for hundreds of people and is glad to be bringing his passion and energy to UW Eau Claire.



## Cultivating Perspective

### **Improving Communications with Students with Disabilities**

**1:15 PM - 2:15 PM**

Have you ever been in a situation where a student approached you and you couldn't understand them, or it seemed like something was "different" about them and you didn't know how to respond? This session will give a general overview of the types of disabilities that challenge our students and often create challenges for us as we work with them. We will give examples of approaches and best practices and have an American Sign Language Interpreter share some basic "signs."

**Presented By: Vicky Thomas, Director of Services for Students with Disabilities  
and Katie Bublitz, Disability Accommodations Coordinator**

**Vicky Thomas** is the director of the Services for Students with Disabilities office, and she has worked in the University of Wisconsin System for 19 years, 11 of those at UWEC. Vicky has a master's degree in Counseling and Education from Boston University, and a bachelor's degree in Rehabilitation and Psychology from Montana State.

**Katie Bublitz** has worked with the office for 6 years and has a master's degree in Vocational Rehabilitation and a bachelor's degree in Communication and Sciences Disorders from UW-Stevens Point. Both presenters work together on the UWEC campus with the goal of making programs and activities accessible for students with disabilities.



## Campus Connections

### **“Building” Connections - Walking Campus Tour**

**1:15 PM - 2:15 PM**

UWEC Admissions to offer a tour by one of our campus ambassadors for our UWEC faculty and staff.

**Overview:** The Campus Ambassadors formed in 1985 with a small group of students who loved their experience at UW-Eau Claire and wanted to share their enthusiasm with alumni and prospective students. And so, it began! Now in their 37th year, Campus Ambassadors is based on the same principle – volunteering to help promote and represent the university we love! However, we have grown! Ambassadors cover over one thousand events for campus each year, which is definitely something to hang your hat on!



**Mission and Goals:** The University of Wisconsin-Eau Claire Campus Ambassadors are an essential part of the public relations and recruitment components of the University. Ambassadors represent the University at a variety of campus functions and are the official hosts of the University. Ambassadors serve under the Admissions and Foundation/Alumni departments as well as the Office of the Chancellor. The job of an Ambassador is to be honest and positive about their experience at UW-Eau Claire in hopes of providing further insight to prospective students, alumni, or other populations. The pride and enthusiasm of an Ambassador strongly influences many audiences. Ambassadors often embody the spirit of campus and represent the whole student body who attends here. After even the briefest of interactions with an Ambassador, it is expected that a visitor, prospective student, or alumni would leave with a more positive and lasting impression of the university. The Welcome Center serves as “the door” to the university; ambassadors have a direct hand in helping prospective students and their families understand and choose life as a Blugold, as well as helping alumni and other visitors to reflect on their Blugold experiences and how it launched them into their current life.

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### **Blugold Makerspace: 3D Printing, Laser Cutter, and more**

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### Miscellaneous

#### **Cultivating the Practice of Authenticity**

**1:15 PM - 2:15 PM**

An approach with a vinous theme on how to understand and nurture authenticity from its development to application in a personal-professional balance for getting those around you to value your efforts and hold them in high regard. From a background of experience in journalism, travel, event management and vinous passions in the world of wine Johanski looks to share a personal valuation of how characteristics of an authentic personality, perspective and work ethic lead to a more engaged audience



**Presented By: Jeremy Johanski, Chair of UW Systemwide University Staff Joint Governance and UWSA**

Johanski is a graduate of Communications Electronic Media from UW-Green Bay (2007) and has since spent years in broadcast television and print journalism, regional and national event management and over a decade in civil service experience within the State of Wisconsin. A hobby interest, turned passion, Johanski has also spent over a decade in the evangelization of wines from all over the world, valuing the authentic historical and geographical places they originate and the personal relationships with the families from which they originate. Look for his "Conversations By The Glass" interview series re-launching soon.

### Achieving Balance

#### **Tai Chi & Mindful Movements**

**1:15 PM - 2:15 PM**

The Chinese practice of Tai Chi has its roots in the martial arts, but in more recent times has evolved into more of a gentle movement meditation and self-healing practice in the West. Tai Chi, like Qigong, has myriad health benefits for health and longevity. Dr. Paul Lam's Tai Chi for Arthritis is a great class for anyone wanting to improve or sustain joint mobility, fluidity and stability, and is suitable for all (not just those with arthritis). In this session, Sandra will give a brief history of tai chi and talk a bit about Dr. Lam's Sun Style tai chi form, and then together we will share a mindful movement practice that will incorporate some Qigong and Tai Chi movements. Suitable for most levels of fitness. All that is needed is your smile and willingness to learn something new!



**Presented By: Sandra Mighell, Certified Instructor**

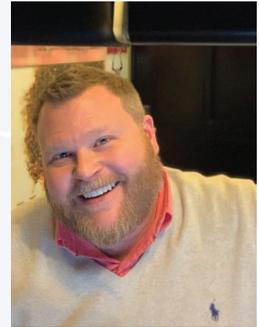
Sandra Mighell is certified as a First-Degree Black Belt in The Nia Technique, and has her teaching certifications in Qigong and Tai Chi. Her students describe her classes as "like a spa treatment for the body," "rejuvenating," and "grounding." Warning: spontaneous and contagious laughing also possible...! Sandra has been sharing her passion for self-care and movement practice since 2005 in yoga studios, recreation/community centers, YMCAs, spas, Pilates studios, government facilities, corporate settings and in countless private and small group venues. She loves to hike with her doggy Chester the Wonder Hound and share music and enjoy Mother Nature with her partner, Daniel and wonderful new friends in the Chippewa Valley.

## Cultivating Perspective

### Trans 101

**1:15 PM - 3:30 PM**

In this training session, we will explore the difference between sex and gender and how that difference impacts our understanding of the trans experience. We also explore the experiential realities among trans youth, adolescents, and adult, as well as pronouns, cultural myths, active bystander techniques, the legal landscape, and various experiences common within trans communities. Facilitated by Dr. Christopher Jorgenson, director of the Gender and Sexuality Resource Center.



**Presented By: Chris Jorgenson, Director, Gender & Sexuality Resource Center, UW-Eau Claire**

Dr. Christopher Jorgenson (he/him) has served as the director of UW-Eau Claire's Gender & Sexuality Resource Center for ten years. Under his direction and leadership, UW-Eau Claire has been consistently ranked statewide and nationally as a leader in LGBTQIA+ student life. His doctoral work examined the intersections of queerness and race at predominantly white institutions (PWI) of higher education, and he can often be found strategizing the operationalization of equity, diversity, and inclusion in the context of university life.

## Campus Connections

### Self Defense

**1:15 PM - 3:30 PM**

This hands-on session engages participants in practical application of self-defense techniques and tactics including: controlling distance, blocking and striking, and escaping grabs. These techniques involve concepts of leverage, timing, and body mechanics. This training is designed for small group and partner training to provide positive encouragement and build confidence. Participants are encouraged to wear comfortable workout apparel and bring a water bottle

**Presented By: Eddie Lancour, Police Sergeant UW-Eau Claire & Kristi Bergstrom, Admin Assistant III, UW-Eau Claire**

Eddie has been with the UWEC Police Department for over 15 years and is a UWEC Alumnus. He has been teaching self-defense for several years and was recently certified in a nationally recognized program, R.A.D., as an instructor along with Kristi Bergstrom. Police Services Associate Kristi Bergstrom joined the University Police Department in June of 2021. Kristi has worked at UWEC for over 5 years and is also an UWEC Alumna.



## Achieving Balance

### **Say no to burnout: Eat well, play more, love yourself to reset work/life balance**

**1:15 PM - 3:30 PM**

Burnout presents itself in at least 3 ways: Emotional exhaustion ("Why do I care so much?"), depersonalization or cynicism ("Why should I care?"), and the exhausting feeling that one's sense of purpose is lost in the shuffle ("Is caring ever rewarded?"). The primary stressors that lead to burnout may be external (a confusing project, a difficult work relationship, etc.), but the problematic experience of stress comes from within, and so does the solution. Fortunately, there are at least 3 easy resets to end burnout promptly, and bring back work/life balance to a healthy, enjoyable state. How easy? This easy: Eating well, playing more, and loving oneself!



**Presented By: Michel Bordeau, Psychotherapist & Functional Nutrition Coach, Generative Therapy Center**

Michel Bordeau, LCSW, MA, FNC, is a psychotherapist and a functional nutrition coach based in Atlanta, Georgia. He has worked with individuals prone to anxiety, angst, anxiety/panic attacks, and burnout at universities, hospitals, and in private practice for over 20 years. He developed a 3-prong coaching approach to counter the physiological and mental health effects of burnout. He speaks internationally about the life lasting, proven benefits of the integrative principles of functional nutrition, Logotherapy, and work/life balance. Michel doesn't just talk his "no to burnout" principles, he walked them; losing 50 lbs over a year, getting off blood pressure, and anxiety medications.

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### **Choosing an Infectious Positive Attitude**

**1:15 PM - 3:30 PM**

This presentation will address the "how to" for acquiring a habitual positive and "infectious" attitude every day. Once acquired and you become conscious of that mental state, you WILL live differently and "infect" others positively along the way. This presentation will leave you feeling more in control, fortunate, appreciated, confident and most of all, with an attitude both you AND those around you will appreciate! Time to attend and "get infected".



**Presented By: Tom Kidd, Retired Health Educator, Author, & Owner of Balanced Wellness Services**

Tom is well known in our area from his years of being a health educator at Osseo Fairchild and Fall Creek Schools, and then finished his last 20 years of teaching at DeLong Middle School. He was the Health Educator Coordinator and Consultant for 30 schools within CESA 10 and was an adjunct faculty member for Chippewa Valley Technical College and Viterbo University as well. Tom speaks publicly to a wide array of audiences from students and parents to organizations like UW-Eau Claire on over 100 different health and wellness related topics, through his own business, Balanced Wellness Services. He has now taken up writing and recently published his second book. Tom is a proud husband, father, grandfather, and friend. Tom has been a true mentor for hundreds of people and is glad to be bringing his passion and energy to UW Eau Claire.

# Schedule of Events | Thursday, June 9

## Miscellaneous

### Experience Recreation at UWEC

**1:15 PM - 3:30 PM**

Join Recreation and Sport Operations for an interactive tour of all Recreation has to offer employees and their partners. Wear comfortable shoes for walking as you will have an opportunity to view facilities firsthand and learn about what programs are available on campus. We recommend joining the tour even if you use or have used our facilities in the past as we have had recent renovations/additions.

**Presented By: Sheryl Poirier: Assistant Director of Programs, Al Wiberg: Assistant Director of Operations, Brittany Wold: Fitness Coordinator**

## Cultivating Perspective

### Actualizing EDI in Your Workday

**2:30 PM - 3:30 PM**

As we work to develop a culture of equity, diversity and inclusion on campus, we must all do our best to learn practical applications to achieve this campus goal. In this session participants will focus on tangible actions that can be taken on a daily basis to improve equity and inclusion in their respective workspaces.

**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 is the owner of the Eau Claire Sport Warehouse and 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.



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### ShopUW+ Tips

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**Presented By: Cheri Falkner, Director of Procurement UW-Eau Claire & Amanda Brummond, Assistant Controller, UW-Eau Claire**

Cheri is the current Director of Procurement at UW-Eau Claire and she is teaming up with Amanda Brummond, Assistant Controller for UW-Eau Claire to offer this training. Both Cheri and Amanda have several years of procurement and accounts payable experience with project management backgrounds.



# Schedule of Events | Thursday, June 9

## Miscellaneous

### **Civic Engagement and Volunteer Opportunities**

**2:30 PM - 3:30 PM**

Discuss and teach about volunteer opportunities in the Eau Claire Area. Teach each how to get involved civically in our community.

**Presented By: Betsy Henck, Aging and Disability Resource Center Manager, Eau Claire County**

Betsy Henck is the ADRC Manager for Eau Claire County. She manages the volunteer base for the Aging & Disability Resource Center of Eau Claire County. Managing the recruitment, onboarding and retention of over 150 volunteers, many for the Meals on Wheels Program.



## Achieving Balance

### **Confronting Problematic Behaviors**

**2:30 PM - 3:30 PM**

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 & 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 | Thursday, June 9

## Campus Connections

### **How to Uncover Content Gems and Keep Your Social Media Presence Relevant**

**2:30 PM - 3:30 PM**

Are you responsible for managing your organization's social media presence? If you feel overwhelmed, you're not alone. Social media offers a ton of opportunities, but it can seem daunting to do it well. It can be especially difficult to know what content to even post or share! We'll explore some ideas to uncover hidden gems that make great social content. We'll also discuss things like:

- How to easily maintain your social media presence in only a few hours each month
- Tips to manage access and admins for your social media platforms
- Which platforms might work best based on how people use the platform
- How to (and how NOT to) use social media to reach your goals
- How to more easily create engaging content using limited resources

#### **Presented By: Erin Trowbridge, Co-Owner, Four Peas Consulting**

Erin Trowbridge is a co-owner of Four Peas Consulting. She has worked in a variety of organizations as a marketing leader over her 15-year career and now consults with a small number of clients to help them solve their marketing challenges. Her deep knowledge of digital marketing, insights into connecting with customers through storytelling, and process-driven operational focus helps start-ups and established companies explore new ways to grow their business and make meaningful change in the world.

