

**FREE  
PROGRAMS**

*What  
interests  
me?*

**@ WORK  
OR HOME**



# LEARN **MORE!** Educate. Enrich. Empower.

## February 2014 Professional Development Opportunities

WCU HR Office of Training and Organizational Development

90% of programs offered can be accessed and shared 24/7.

[CLICK](#) to register online or call (610)738-0476 or e-mail [orgdev@wcupa.edu](mailto:orgdev@wcupa.edu).

### Leadership, Communication, and Productivity Enrichment



#### **Baudville Employee Recognition**

(6 Week Email Series)

February 3<sup>rd</sup> until

February 24<sup>th</sup>

[CLICK](#) to register

This six week series provides weekly emails with access to preselected resources to help busy campus leaders engage and recognize their employees and teams using no-cost and low-cost strategies. The productivity and engagement enhancing series includes short e-books, fun ideas, and surveys that will help to keep morale high and stress low.



#### **Change Anything: The New Science of Personal Success**

(Teleseminar)

February 4<sup>th</sup>

[CLICK](#) to register

Learn how to apply three breakthrough principles to change any personal challenge you face. Understand the fastest and surest way to dramatically improve results in both work and life. Gaining a clearer understanding of the real forces that shape our actions can enable us to make better decisions, change our outlook, and replace bad habits with good.



#### **Big Think**

(5 Week Webinar Series)

February 6<sup>th</sup> until

February 27<sup>th</sup>

[CLICK](#) to register

One time a week for five weeks enjoy absorbing a knowledge forum in a 2-5 minute video format featuring the ideas, lessons, stories and advice of leading experts from around the world. Topics will include: Increasing Potential; Resilience; Tao of Leadership; Looking at Challenges as an Outsider; and Switching Off the "Always On" Culture. When you expand your mind, you increase the opportunities to think big!



#### **Just Desserts: Ingredients that Produce a Climate of Respect**

(Webinar)

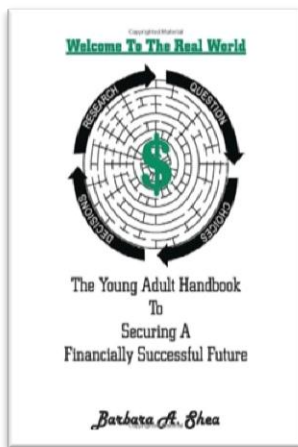
February 21<sup>st</sup>

[CLICK](#) to register

Improving respectful interactions takes awareness and willingness to shift one's preferred communication style. Thais DaSilva of Dia Doce cupcakes made her debut last year and shared what it was like to be on Food Network's Cupcake Wars and the drama they try to create. Learn strategies from this recorded seminar on how to keep it calm in the kitchen (AKA the office).

**NOTE:** You will have access to the recordings the entire week. It will be sent via e-mail no later than 11am that morning.

**West Chester University HR Office of Training and Organizational Development**



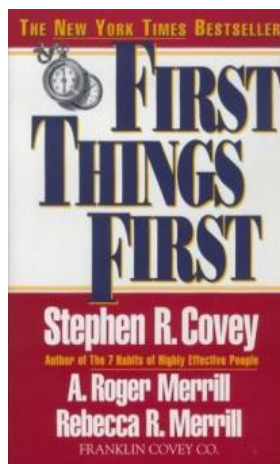
## Financial Independence for Young Professionals

(Teleseminar)

February 7<sup>th</sup>

[CLICK](#) to register

Learn from Barb Shea, author of "Welcome to the Real World," how to best communicate the importance of financial independence and strategies on how to keep in good financial shape from the very beginning!

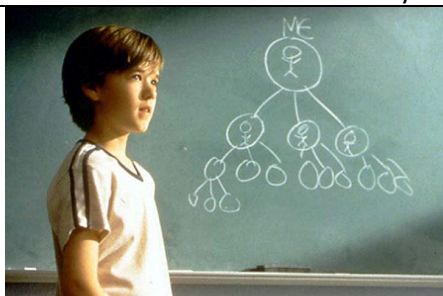


## Achieving Your Highest Priority (Teleseminar)

February 18<sup>th</sup>

[CLICK](#) to register

Based on Steven Covey's book "First Things First," learn about his time matrix and how not to manage time, but to manage yourself so that you can enjoy your work, stay focused on results, and make time for proactivity in your department or organization.



## Pay It Forward Good Will Movement

(Webinar)

February 18<sup>th</sup>

[CLICK](#) to register

Pay It Forward is a 2000 American drama film based on the novel of the same name by Catherine Ryan Hyde. In the movie, Trevor McKinney calls his plan "Pay It Forward," which means the recipient of a favor does a favor for three others rather than paying the favor back. Those who register for this good will movement at WCU will receive downloadable Pay It Forward cards. They will be encouraged to report back their "good will" to create a ripple effect of good deeds flowing across campus. Help us keep the importance of going out of the way to make someone's day... all year long!

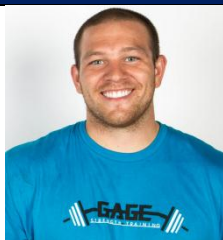


## Building Mental Game Warrior Teams

(Teleseminar) February 28<sup>th</sup> [CLICK](#) to register

Listen to Jen Croneberger as she equips participants to become mental warriors who build cohesion and chemistry within departmental teams. She'll also share the number one myth of being mentally strong. Jen is a frequent speaker at some of the largest sports coaching conferences in the country and has been chosen as the Chester County Chamber of Business and Industry's 2009 Female Business Leader of the Year and presented for TEDx Gettysburg in 2012.

## Health and Wellness Enrichment



## Gage Strength Training Video Series

February 5<sup>th</sup> until February 26<sup>th</sup> [CLICK](#) to register

If you have a desk job, this is the four part video series for you! Devin Gage, owner of West Chester's Gage Strength Training, helps to keep your hips limber and prevent or relieve back pain. He'll also teach you a simple exercise with the help of a chair and how to best view the scale.

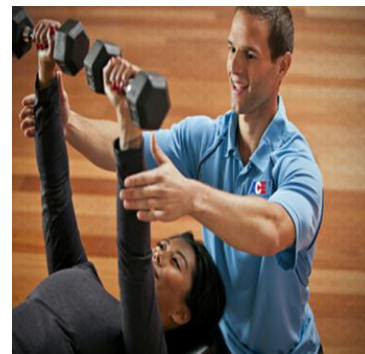
## Prevention 101 (12 Week Email Series)

February 3<sup>rd</sup> until April 21<sup>st</sup> [CLICK](#) to register

Prevention 101 is a 12-week preventive health care awareness e-newsletter campaign to engage employees and their dependents in obtaining regular, recommended preventive care. The campaign focuses on 12 weekly themes to help participants improve their understanding of preventive health screenings, exams, immunizations, and risk factors. Participants use a manual that expounds on the monthly topic along with tracking logs to record exams, screenings, and immunizations.

## Did You Know?

As an employee, you have access to a **FREE** [personal trainer](#), the [fitness center](#) on south campus, and daily exercise [classes](#). Call 610-430-4568 or e-mail [HSFC@wcupa.edu](mailto:HSFC@wcupa.edu).



## Attention Highmark Beneficiaries



An Independent Licensee of the Blue Cross and Blue Shield Association



**May 31, 2014 is the deadline** for completing your Healthy U requirements. You and (if applicable) your covered spouse/same-sex domestic partner need to earn a minimum of 70 Healthy U points each to successfully complete your participation. There are a wide variety of activities and programs you can complete to earn Healthy U points. The first step is to complete the Wellness Profile.

To get started, or to pick up where you left off, access the Highmark member website at [www.highmarkblueshield.com](http://www.highmarkblueshield.com) and sign in using your Login ID and Password. If you have forgotten your login information, you can call Highmark Technical Support at 1-877-298-3918.

**RETREATS. COACHING. CONSULTING. TRAINING. STAFF MEETING STARTERS.**

Contact Molly Nece 610.738.0476 or Scott Sherman 610.436.3380 or

[OrgDev@wcupa.edu](mailto:OrgDev@wcupa.edu) for All Your Organizational Development Needs.

**West Chester University HR Office of Training and Organizational Development**