

**FREE
PROGRAMS**

*What
interests
me?*

**@ WORK
OR HOME**



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

May 2014 Professional Development Opportunities
WCU HR Office of Training and Organizational Development

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

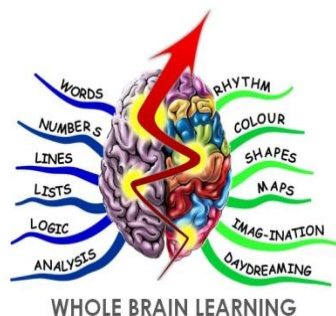
CLICK to register online or call (610)738-0476 or e-mail orgdev@wcupa.edu.

Communication Enrichment



**Just Desserts:
Ingredients that
Produce a
Climate of
Respect:** (Video)
May 2
[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).



**Whole Brain
Thinking and Mind
Mapping:
Tools for Success**
(Teleseminar)
May 6
[CLICK](#) to register

Gain an understanding of right-brained, left-brained, and whole brain thinking. Assess your whole brain quotient and have a firm understanding as to why this is important. Learn how to get your teams to think with their whole brain and tap into how to use divergent and convergent thinking to come up with the best solutions.



**Stress Busters:
Winning the War on
Stress** (Webinar)
May 7
[CLICK](#) to register

Watch, listen, and learn strategies to minimize the head trash and negative self talk ... and manage the good stress! Discover the strategies to write expressively, find "your worry spot", belly breathe, eliminate negative beliefs, develop positive self talk, harness your Emotional Intelligence, practice active listening, and find humor in everyday life.

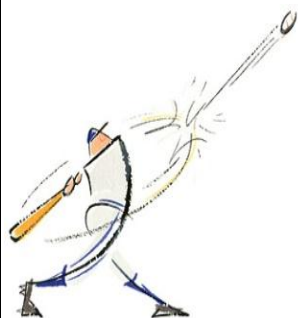


**Coach Yourself to a
Brighter Future**
(Webinar) May 14
[CLICK](#) to register

Watch and understand what coaching is, how you can use its principles yourself, and with others if you lead. Learn five powerful strategies to benefit you both personally and professionally by focusing on skills and knowledge and maximizing your environment. Also, learn how to eliminate or reduce the fears preventing you from achieving your goals and keep negative people from zapping your energy.

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

Leadership Enrichment

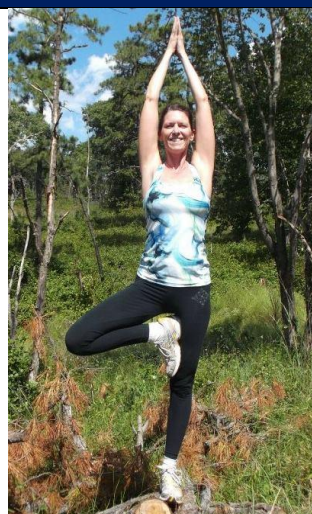


**Run the Bases:
Hit It Out of the Ballpark**
(Webinar) May 9
[CLICK](#) to register

If you are a leader of a department or committee, teach students, or are in the service industry, this video is for you!

From the day we were born, we were selling something. Embrace that selling is not a bad word and learn how to run the bases through listening, telling stories, and gaining credibility to sell ideas, knowledge, and services.

Health and Wellness Enrichment



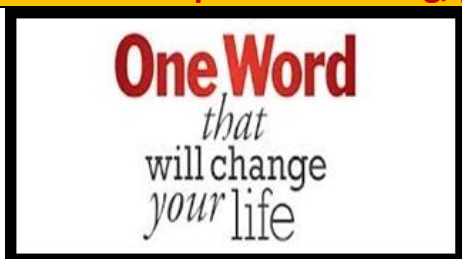
Free Four Week Yoga Session with Diane Rogers Tuesdays, June 24 – July 15, 4:45 p.m.
E-mail orgdev@wcupa.edu to register

As an employee, you have access to a **FREE** four week Yoga class in Sykes with WCU's own Diane Rogers.

Space is limited to 15 participants. A yoga mat will be provided for those who need one.

Time for US to Help YOU with Your SUMMER RETREATS

Need help brainstorming, presenting, or organizing your next retreat?



One of our most famous retreats in 2014 has become **My One Word Painting and Goal Setting Program** adapted from Jon Gordon's new book, *One Word that Will Change Your Life*. Spend the summer planning and putting into action the START NOW model so you are ready to hit the ground running for the 2014-2015 school year.

Email orgdev@wcupa.edu to schedule your retreat!



Marcus Harrison, Allegheny Hall Resident Director, proudly displaying his 2014 one word painting—JOURNEY

Only ONE MONTH Away! Did You Do What You Needed to Do?



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 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.

West Chester University HR Office of Training and Organizational Development