



Over 90 % of programs offered can be accessed 24/7 from the distribution date.

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

COMMUNICATION ENRICHMENT



212 Degree Service *(Pre-recorded Webinar Series)*

November 6 – November 20: At work, when we talk about creating a service culture, most people focus on “customer satisfaction.” 212 Degree Service defines the service culture as not only serving the customers, but also serving each other. In fact, you’ll learn it’s impossible to have one without the other. Collectively and individually, develop a plan on how to implement and sustain a 212 degree service with one another and the customers you serve. [CLICK](#) to register and gain access to this video series.

NEW! Drop the Curtain on Drama: Calm Down, Disengage, & Focus *(Pre-recorded Teleseminar)*

November 19: It’s hard to be productive when you’re embroiled in drama. Meggin McIntosh will help you calm down and put your focus where it actually matters. Learn about tools you can use to minimize drama; 7 mindsets and strategies to curtail your own (and others’) drama; and how you can focus on what matters to you. [CLICK](#) to register for this 90 minute teleseminar.



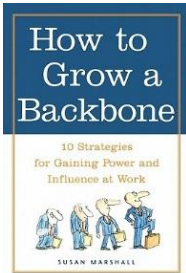
How to Become a Dynamic Networker *(Pre-recorded Webinar)*

November 26: Master the components of dynamic networking, including dos and don'ts, examination and preparation, accessing your conversation, and discovering how to improve your skills. [CLICK](#) to register for this 15 minute video.

LEADERSHIP ENRICHMENT

John Maxwell on Leadership *(Pre-recorded Webinar Series)*

November 5 – November 26: Watch John Maxwell, author of the best sellers 360 Degree Leader and 21 Irrefutable Laws of Leadership, as his tell-it-like-it-is approach to leadership both educates and entertains in these classic yet relevant short videos over 5 weeks. [CLICK](#) to register.



Strengthening Your Leadership Backbone *(Pre-recorded Webinar)*

November 12: Whether you are a current or aspirant leader, learn the 10 powerful strategies that will bring you and others around you greater credibility, power and influence at work using Susan Marshall's book, How to Grow a Backbone. [CLICK](#) to register and gain access this 25 minute webinar.

EntreLeadership *(Pre-recorded Teleseminar Series)*

November 17 – December 8: The EntreLeadership teleseminar series (Season 1) delivers lessons on business, team building, and leadership from internationally recognized subject matter experts. Receive links to four weekly podcasts so you can watch, reflect, and act on the information. Also, share the enrichment with your employees. Make learning a part of your culture as we build on excellence! [CLICK](#) to register.

PERSONAL ENRICHMENT



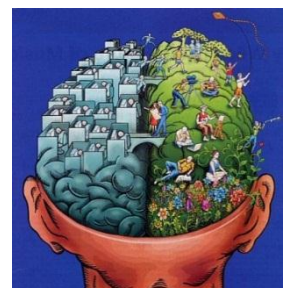
Embracing the Power Within with AnneMarie Kelly *(Pre-recorded Webinar)*

November 6: Annemarie Kelly of the Victorious Women Project will help you to break through to success in life, work, and relationships by understanding the power you have now. You will also discover the one killer phrase that eats away at your power and learn the three power steps that get you tapping into your power. [CLICK](#) to register for this 20 minute video.

PRODUCTIVITY ENRICHMENT

How to Become a Whole Brain Thinker *(Pre-recorded Webinar)*

November 5: Watch, listen, and discover your brain dominance; how to tap into both sides of your brain; apply mind mapping strategies to increase productivity and creativity both individually and in groups; and become a member of an elite group of whole brain thinkers! [CLICK](#) to register for this 20 minute webinar.



WELLNESS ENRICHMENT



Eat Well for Life *(Email Campaign)*

November 3 – December 8: This 6-week e-newsletter campaign is designed to improve your nutrition habits and build a better diet using the eight building blocks. [CLICK](#) to register for this email campaign.

NEW!

Healthy Bites: Lunch and Learn *(Facilitator Led)*

November 19: Healthy Bites is a 30 minute lunch and learn, facilitated by BeeFit's Phyllis Bullins, RN, CNT, that introduces the concept of using what we eat and how we live as a way to prevent and aid in treatment of disease and to begin to think about a lifestyle as the greatest power we own for wellness. Please pack a brown bag healthy lunch and join us. The lunch and learn will be held on November 19 at noon at Sykes Room 209. [CLICK](#) to register.



ADDITIONAL OPPORTUNITIES

Labor Relations Questions...Answered *(Pre-recorded Teleseminar Series)*

November 4 – November 25: Listen to this four part teleseminar series (recorded in 2010) for managers and supervisors of AFSCME employees to get answers to their labor relations questions. WCU's HR-Labor Relations Specialists Trish Seningen and Lauren Krautheim discuss preservation of Bargaining Unit Work; Performance Improvement through the CBA; Leave, Overtime and Comp Time; and Grievances and the Collective Bargaining Agreement (CBA). [CLICK](#) to register for these 30-45 minute teleseminars.



Career Planning 101 *(Pre-recorded Teleseminar/Video Series)*

November 7 – November 28: Career planning shouldn't begin when you are looking for a job. In this four week series, watch, listen, and learn the ins and outs of resume writing and effective interviewing skills that lead to success. You will also learn how to become a dynamic networker and manage your career. [CLICK](#) to register for these 20-30 minute audios/videos.

NEW!

Caregiver Stress Presentation *(Facilitator Led)*

October 30: Caregiver Support Group's Dr. Barbara Harrison (McPherson), Associate Professor of Nursing here at WCU, will be coming to 25 University Ave Room 148 to help recognize caregiver stress and give tips on how to handle it. We all know what this is about – we all have it in varying degrees. Many of us think we are managing the best we can. We have sleepless nights, increase or decrease in eating, lack of exercise, and generally are not taking good care of ourselves. If you (or someone you work with), are taking care of a loved one and have anxiety, tension or worry – please come to this presentation – it just might be exactly what you need! [CLICK](#) to register for this presentation.



New Employee Welcome *(Facilitator Led)*

November 11: This highly interactive half-day program is designed to help new staff successfully transition to WCU. President Weisenstein welcomes and shares University mission, vision, strategic plan, and importance of Distributed Leadership. Enjoy a van/walking tour of the campus and an interactive game show about what the campus has to offer. Finish off your experience with a networking luncheon.

[CLICK](#) to register for **November 11**.



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