



EDUCATE ENRICH EMPOWER

Professional Development Opportunities
October 2014

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

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

October 1: If you are expected to impart your technical knowledge to others in formal or informal settings, then this 20 minute webinar is for you. Learn how to apply the eight step "design and execution" training model - assess the training needs, set objectives, gather information, establish training method and design materials, design and produce a training evaluation, review evaluations, and modify the program. [CLICK](#) to register and gain access to this video.

Bullying in the Workplace with Leah Hollis *(Pre-recorded Webinar)*

October 1: Leah Hollis, PhD., author of *The Bully in the Ivory Tower*, shares what bullying is and offers insights to the problem in the workplace. Gain strategies on how to manage it through personal and organizational solutions. [CLICK](#) to register for this 10 minute webinar.



Strengthening Your Emotional Intelligence

(Pre-recorded Webinar)

October 21: Learn the brain science behind Emotional Intelligence (EQ) in this 20 minute webinar. Understand the importance of EQ in the workplace, review and assess the five Emotional Intelligence skills, and become aware of your own EQ triggers. There is one thing that we are in control of--our attitude! Strengthen your EQ and help others do the same so that we can create an environment of candor and successful outcomes. [CLICK](#) to register.

Transforming Negaholics *(Pre-recorded Teleseminar)*

October 28: Learn how to transform the negativity in yourself and your organization. The result is a more engaging, productive and fun atmosphere. [CLICK](#) to register and gain access to this 30 minute teleseminar.

LEADERSHIP ENRICHMENT

International Leadership Podcast Series

(Pre-recorded Teleseminar Series)

October 9 – October 30: Michael Hyatt, CEO of Intentional Leadership, discusses the characteristics of authentic leadership, ways to build trust as a leader, how to create alignment between you and your team, and how to navigate change in four 30-40 minute teleseminars. [CLICK](#) to register.



How To Build and Lead High Performance Teams

(Pre-recorded Webinar)

October 22: Does your team/department consistently deliver results far beyond your expectations and theirs? Are members engaged and working synergistically even during conflict? Learn key strategies to create that environment which maximizes individual and team/department success. [CLICK](#) to register and gain access to two 15-20 minute webinars.

PERSONAL ENRICHMENT

Five Things Holding You Back from Career Transition *(Pre-recorded Webinar)*

October 2: There are often 5 big things that hold us back from making a change in our career, and if you can get past them, you'd be amazed at what happens. This 15-minute podcast from career coach Christie Mims teaches participants about these fears and how to apply a few valuable tools. [CLICK](#) to register.



Learning to Thrive in Times of Change *(Pre-recorded Teleseminar Series)*

October 7 – October 21: Elaine Kempinski is a speaker, certified coach and founder of Inner Journey Coaching. In this three part teleseminar series, she shares how to move through personal and professional change with clarity and confidence. In just 15-30 minutes, you will gain valuable insights and new perspectives on how to thrive in times of change and learn how to view change as an accelerator for personal growth. [CLICK](#) to register.

Re-Awaken the Giant Within Virtual Book Club *(Email Campaign)*

October 10 – November 17: Anthony Robbins is the nation's leader in the science of peak performance. In his book, *Re-Awaken the Giant Within*, he shows you his most effective strategies and techniques for mastering your emotions, your body, your relationships, your finances, and your life. Robbins provides a step-by-step program teaching the fundamental lessons of self-mastery that will enable you to discover your true purpose, take control of your life and harness the forces that shape your destiny. Over a five week period, you will be given questions to ponder as you dive deeper into the book and “re-awaken the giant within.” [CLICK](#) to register.



PRODUCTIVITY ENRICHMENT



Succeeding in an Uncertain Economy: Improve Your Operations

(Pre-recorded Teleseminar)

October 28: You can develop the best business strategy and hire the best talent and still fail. Tap into proven tools to successfully implement business improvements including process mapping techniques, documentation of standard operating procedures, elimination of wasteful practices, and value-added vs. non-value added activity analysis. [CLICK](#) to register for this 40 minute teleseminar.

WELLNESS ENRICHMENT

WCU Healthy Eating Program *(Facilitator Led)*

Starting October 2: Stop starving, start eating, and never diet again! Learn to shed pounds for life without deprivation. This 16 week program requires you to “check in” weekly and walk away with a vast amount of knowledge and resources as new, helpful topics are addressed each week. Team support also will help you to keep it off and live healthy for life.

Now in its second 16 week BeeFit session, 12 active WCU employees have lost over 200 lbs. *(including 4 from HR who’ve lost over 110 lbs.)*. Since starting BeeFit at WCU, of the 19 WCU participants:



- over 50% have reached their goal weight;
- over 25% are now lifetime, Vision Members; and
- 32% have lost 10% of their body weight (Losing just 10% of body weight can reverse or prevent diabetes; lower blood pressure, cholesterol, and triglyceride levels; improve sleep apnea and other sleep problems; eliminate or reduce the need for BP and cholesterol medicines and medical expenses; and help you feel better about yourself.)

The program will be held Thursdays starting October 2 from 11-noon at either 201 Carter Drive or the library, depending on registration. The cost of the program is \$160 (\$10/session).

[CLICK](#) to register for this program and start living healthy and living well!

Caregiver Support Group *(Pre-recorded Webinar Series)*

October 14 – November 11: Do you find yourself caring for an aging relative? Watch this five-week video series to understand legal rights and needs of caregivers, social security basics, assisted living options, how to organize and prepare for care issues, and general caregiving skills. [CLICK](#) to register for these 30-60 minute webinars.



Retirewise Workshop *(Facilitator Led)*

October 14 – November 4: The Retirewise workshop series is a comprehensive financial education program that can complement and incorporate your existing benefit offerings while providing you with the information needed to achieve your financial goals. Learn information on a wide range of topics, get expert delivery by a local specially trained financial professional, and receive comprehensive training materials to keep and use for future reference. Workshops will be held Tuesdays from 4:30-6pm in Sykes 210. [CLICK](#) to register.

Arthritis Management and Prevention *(Pre-recorded Webinar)*

October 29: Gain knowledge about the definition and mechanism of osteoarthritis, how to protect your joints, and how to get started with your journey of arthritis management and prevention. [CLICK](#) to register and gain access to this 20 minute webinar.

ADDITIONAL OPPORTUNITIES



New Employee Welcome *(Facilitator Led)*

October 2 & October 30: 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 **October 2**.

[CLICK](#) to register for **October 30**.



The WCU Office of Training and Organizational Development offers these programs and much more. We also provide just-in-time communications via social media.

[LIKE](#) us on Facebook. Stay tuned for our LinkedIn launch.

