



LEARN SESSION DESCRIPTIONS

TUESDAY, JUNE 6, 2023

"Living & Working with Emotional Intelligence" Keynote Presentation with Martin Lowery

In this thought-provoking presentation, we will explore the origins, nature and importance of living and working with emotional intelligence. While there is not a strong correlation between great leaders and high IQ, there is a compelling connection between strong leadership and emotional intelligence. The good news is that EQ is something we can all further develop. In this introspective session we will consider the essence of the human experience and draw on our reflections of own relationships with past and present mentors to define the best practices in connecting and supporting others. You will leave the session with tools to improve your emotional literacy and be a more powerful force for good in those around you.

"Assertive Communication" Presented by Ann Kerian, LifeMatters by Empathia

There is a fine line between communicating assertively and aggressively. Learn how to appropriately assert yourself when communicating with co-workers and others. Content includes: Four styles of interpersonal behavior, boosting self-esteem, addressing conflict, communicating with "I" statements, and setting boundaries.

"Budget 101" Presented by Oscar Herrera, SchoolsFirst Federal Credit Union

We will discuss Budgeting and how you can use budgeting to reach your Financial Goals and /or retirement.

"Building Resiliency - Increasing Energy, Health, & Performance" Presented by Martin Lowery, OpusVertex LLC

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"Building Trust in the Workplace"

Presented by Victoria Hernandez & Ro Woidyla, Staff Development Center

Building trust is an essential component to creating and nurturing long lasting relationships. Without trust we are expecting our working relationships to survive on a faulty foundation. Attend 'Building Trust in the Workplace' to learn more about the pillars of trust, how to be trustworthy, how to nurture trust with others, how to repair trust, and most importantly how to create and maintain a psychology safe workspace. We hope to see you there!

"Creating a Healthy Mind: Addressing Burnout"

Presented by Ann Kerian, LifeMatters by Empathia

Burnout is a real thing that leaves us exhausted, detached from our jobs and inefficient in all areas of our lives. Creating a healthy mindset that is flexible and able to adapt to the stress everyday life is a remedy for burnout. Content includes: Mindful living and mindful habits, building resilience through focusing on managing energy in four areas (physical, emotional, mental, and spiritual), and increasing emotional intelligence through self-awareness, self- management, and empathy.

"Credit & Debt Management"

Presented by Oscar Herrera, SchoolsFirst Federal Credit Union

We will discuss what credit is and its importance to use credit wisely and managing debt.

"Discrimination, Harassment & Retaliation: Every Employee's Right to Work in a Fair and Equitable Environment"

Presented by Steven Vasquez, Human Resources

This presentation explores the importance of providing a fair and equitable work environment for all employees. It delves into the topics of discrimination, harassment, and retaliation, shedding light on their impact and consequences. By raising awareness and promoting proactive measures, this presentation empowers individuals to recognize their rights and contribute to a workplace culture that values diversity, inclusivity, and respect.

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"Identifying Your Leadership Strengths Through the '5 Paths to Leadership'"
Presented by Jess Landis, Academic Impressions

You will have the opportunity to examine and analyze the results from your “Five Paths to Leadership” self-assessment to identify your unique leadership skillset under normal circumstances as well as under stress. Please be sure to complete your self-assessment prior to attending the session and bring your results with you.

"Raising a Money Smart Kid"
Presented by Tanya Padilla, Arrowhead Credit Union

Teaching our kids the importance and value of a dollar and different ways to earn and save for Needs and Wants.

"Respect in a Diverse Workplace"
Presented by Ann Kerian, LifeMatters by Empathia

Diverse and inclusive workplaces are more innovative, creative, and have more engaged employees. Increase your awareness of how to engage in respectful behaviors in a diverse work environment, and how to constructively confront disrespect. Content includes: Definitions of diversity and respect, benefits of workplace diversity, examples of respect and disrespect, breaking through barriers, and assertive confrontation.

"Skilled Crafts Career Pathway Overview"
Presented by Ro Woidyla, Staff Development Center & Taylor Adams, Facilities Mgmt

Promoting Professional Development Among Staff in Facilities Management - Institutions of higher learning recognize the importance of staff success but are often uncertain about where to start and how to make it happen. Aside from job-specific workshops, many professional development programs are for individuals who work in an office environment. In this breakout session, learn more about the investment CSUSB has made in staff development for an employee population that has not typically been the focus of most professional development training plans --our Facilities Management non-office staff such as carpenters, custodians, electricians, grounds workers, painters, plumbers and the like. In addition, participants will glean an approach to building a learning culture that will boost employee engagement (and retention). Designing and launching a career pathway for skilled crafts is currently being piloted at CSUSB, and we'd like to share it with you in hopes of inspiring you to establish a similar program at your campus.