### September

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event</th>
<th>Facilitated by</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>09-11</td>
<td>9-10:30 AM</td>
<td>Being an Ambassador: Developing, Owning &amp; Sharing the Matador Spirit</td>
<td>Gigi McGuire</td>
<td>USU Grand Salon</td>
</tr>
<tr>
<td>09-16</td>
<td>10-10:55 AM</td>
<td>Utilising lynda.csun.edu and Skillport Learning Libraries to Your Advantage</td>
<td>Mayra Solano</td>
<td>OV 16</td>
</tr>
<tr>
<td>09-17</td>
<td>10-10:55 AM</td>
<td>Exploring Transportation Options at CSUN</td>
<td>Larry Isrow, Astrid Logan</td>
<td>OV 16</td>
</tr>
<tr>
<td>09-22</td>
<td>1:30-2:25 PM</td>
<td>Let's Work Together to Save Energy and Water</td>
<td>Austin Eriksson</td>
<td>OV 16</td>
</tr>
<tr>
<td>09-30</td>
<td>9-9:55 AM</td>
<td>Making CSUN's eTravel Solution Your Roadmap to Seamless Travel Reimbursements</td>
<td>Annie Dang, Christine Dorman, Debbie Whitchurch</td>
<td>OV 16</td>
</tr>
</tbody>
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### October

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<tr>
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<th>Location</th>
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<tbody>
<tr>
<td>10-06</td>
<td>9-11:30 AM</td>
<td>CERT Training, Seven-Week Course</td>
<td>Susan Jensen</td>
<td>Ferman Presentation Room, OV</td>
</tr>
<tr>
<td>10-07</td>
<td>12:30-1:30 PM</td>
<td>Going Solar: Everything You Need to Know</td>
<td>Helen Cox, Chris Blevins</td>
<td>OV 16</td>
</tr>
<tr>
<td>10-07</td>
<td>1-2:30 PM</td>
<td>How to Find Optimal Childcare, Schools, or Unique Learning Environments for Your Child</td>
<td>Whitney Scott, Joyce Marie Brusasco, Holli Tonyan, Tony Karch</td>
<td>DPS, 2nd Floor Training Room</td>
</tr>
<tr>
<td>10-10</td>
<td>10 AM-1 PM</td>
<td>Preventing Skin Damage to Our Skin (Derma Scan Screening Included)</td>
<td>Facey Representative</td>
<td>OV 16</td>
</tr>
<tr>
<td>10-13</td>
<td>12:05-1:05 PM</td>
<td>Reducing Stress and Finding Joy through Mindfullness</td>
<td>Amy Rosenblatt, Diane Gehart, David Boynts</td>
<td>OV 16</td>
</tr>
<tr>
<td>10-14</td>
<td>12-1 PM</td>
<td>Grow Your Mind Book Club</td>
<td>Elizabeth Adams, Deborah Cours, Melanie Williams</td>
<td>OV 16</td>
</tr>
<tr>
<td>10-15</td>
<td>9-10:55 AM</td>
<td>Being at Your Best: Knowing Your True Colors and How Best to Work with Others</td>
<td>Bridget Sampson</td>
<td>Ferman Presentation Room, OV</td>
</tr>
<tr>
<td>10-15</td>
<td>12-12:55 PM</td>
<td>Identity Theft Prevention</td>
<td>Police Services Staff</td>
<td>DPS, 2nd Floor Training Room</td>
</tr>
<tr>
<td>10-20</td>
<td>8:30 AM - 4 PM</td>
<td>CalPERS Seminar: Planning for Your Retirement</td>
<td>Mindy Fox, CalPERS</td>
<td>DPS, 2nd Floor Training Room</td>
</tr>
<tr>
<td>10-20</td>
<td>12-12:55 PM</td>
<td>Building Marshal Training</td>
<td>Jenny Novak</td>
<td>DPS, 2nd Floor Training Room</td>
</tr>
<tr>
<td>10-21</td>
<td>10-10:55 AM</td>
<td>Selling Yourself, Selling Your Ideas</td>
<td>John Kephart III</td>
<td>OV 16</td>
</tr>
<tr>
<td>10-22</td>
<td>10-10:55 AM</td>
<td>Navigating the Audit Trail</td>
<td>Howard Lutwak</td>
<td>OV 16</td>
</tr>
<tr>
<td>10-22</td>
<td>12-1 PM</td>
<td>Working Moms Brown Bag Lunch</td>
<td>All participants</td>
<td>USU, Moorpark Room</td>
</tr>
<tr>
<td>10-26</td>
<td>9 AM-3:30 PM</td>
<td>Worksite Wellness Event</td>
<td>Maxim Health Systems</td>
<td>OV 16</td>
</tr>
<tr>
<td>10-27</td>
<td>10-11:30 AM</td>
<td>Social Security Administration Workshop</td>
<td>Anna Roca and Margaret Price, Social Security Administration</td>
<td>OV 16</td>
</tr>
<tr>
<td>10-27</td>
<td>12-12:55 PM</td>
<td>Living in Earthquake Country: Preparing for the Big One</td>
<td>Jenny Novak</td>
<td>DPS, 2nd Floor Training Room</td>
</tr>
<tr>
<td>10-28</td>
<td>9:30-11 AM</td>
<td>Dealing with Workplace Violence and Fear or Threats of Violence - Part 1</td>
<td>Jenny Novak</td>
<td>DPS, 2nd Floor Training Room</td>
</tr>
<tr>
<td>10-29</td>
<td>10-11:30 AM</td>
<td>Understanding and Helping Students: Securing Success from Recruitment to Orientation</td>
<td>William Watkins</td>
<td>Ferman Presentation Room, OV</td>
</tr>
<tr>
<td>10-30</td>
<td>9 AM-12:30 PM</td>
<td>American Red Cross Adult CPR and AED (Automated Extended Defibrillation)</td>
<td>Daniel Castellon</td>
<td>OV 16</td>
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### November

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<tbody>
<tr>
<td>11-02</td>
<td>2-3 PM</td>
<td>Incorporating Healthier Behaviors Into Your Lifestyle</td>
<td>Sandra Salute</td>
<td>SRC - Conference Room</td>
</tr>
<tr>
<td>11-03</td>
<td>12-12:55 PM</td>
<td>Building Marshal Training</td>
<td>Jenny Novak</td>
<td>DPS, 2nd Floor Training Room</td>
</tr>
<tr>
<td>11-03</td>
<td>12-1:30 PM</td>
<td>Theatre for Social Change</td>
<td>Doug Kaback and the Institute for Community Health and Wellbeing</td>
<td>OV 16</td>
</tr>
<tr>
<td>11-03</td>
<td>5:30-8:30 PM</td>
<td>Rape Aggression Defense (RAD) for Women</td>
<td>Police Services Staff</td>
<td>DPS, 2nd Floor Training Room</td>
</tr>
</tbody>
</table>
11-04  9:30-11 AM  Dealing with Workplace Violence and Fear or Threats of Violence - Part 2  
Facilitated by: Anne Glavin  
DPS, 2nd Floor Training Room

11-04  12:30-1:30 PM  Sustainable Alternatives to your Lawn  
Facilitated by: James Logsdon, Reuben Lopez  
OV 16

11-05  5:30-8:30 PM  Rape Aggression Defense (RAD) for Women  
Facilitated by: Police Services Staff  
DPS, 2nd Floor Training Room

11-05  10:05-11:35AM  Supporting Transgender Students on Campus  
Facilitated by: Sarina Loeb  
OV 16

11-09  2-3:25 PM  Guiding Our Students to Success - With a Little Help from Our DRES  
Facilitated by: Jodi Johnson  
OV 16

11-10  5:30-8:30 PM  Rape Aggression Defense (RAD) for Women  
Facilitated by: Police Services Staff  
DPS, 2nd Floor Training Room

11-10  2-3:35 PM  Supporting Employees with Disabilities  
Facilitated by: Susan Hua and Laurie Gold-Brubaker  
OV 16

11-12  4-6 PM  First Time Home Buyer’s Seminar  
Facilitated by: Linda Turner  
Orange Grove Bistro

11-12  5:30-8:30 PM  Rape Aggression Defense (RAD) for Women  
Facilitated by: Police Services Staff  
DPS, 2nd Floor Training Room

11-12  12-12:55 PM  Emergency Kit Essentials  
Facilitated by: Jenny Novak  
DPS, 2nd Floor Training Room

11-16  2-3:25 PM  Managing Conflict in the Work Environment - MPPs Only  
Facilitated by: Whitney Scott  
OV 16

11-17  10-11:25 AM  For Supervisors & Managers: Understanding How CSUN’s Classification & Compensation System Works  
Facilitated by: Mika Williamson and Lynn Marks  
OV 16

11-18  10-11 AM  What you need to know about Diabetes  
Facilitated by: Facey Representative  
OV 16

11-18  12-1 PM  Grow Your Mind Book Club  
Facilitated by: Elizabeth Adams, Deborah Cours, Melanie Williams  
OV 16

11-19  10 AM-12 AM  Cooking on a Budget for Kids and Families - WIC Program Sponsored presentation for CSUN Faculty and Staff  
Facilitated by: Institute for Community Health and Wellbeing - Staff, Sponsored by WIC and Family & Consumer Sciences  
FCS - Marilyn Magaram Center

11-19  12-1 PM  Working Moms Brown Bag Lunch  
Facilitated by: All participants  
USU, Moorpark Room

December

12-01  9-10:30 AM  Managing During Critical Incidents  
Facilitated by: Anne Glavin  
DPS, 2nd Floor Training Room

12-03  12-1 PM  Now is the Time - Smoking Cessation  
Facilitated by: Ester Jun, M.D.  
OV 16

12-03  10-11 AM  CSUN Rise: Maximizing the Identity System & Positioning Platform  
Facilitated by: Jeff Noblett, Keven Lizeraga  
Ferman Presentation Room, OV

12-08  10-11 AM  Childhood Obesity - A Growing Problem in the US  
Facilitated by: Facey Representative  
OV 16

12-09  12-1 PM  Grow Your Mind Book Club  
Facilitated by: Elizabeth Adams, Deborah Cours, Melanie Williams  
OV 16

12-16  12-1 PM  Working Moms Brown Bag Lunch  
Facilitated by: All participants  
Santa Susana Room, USU

Weekly  7-8 AM  Early Morning Yoga (M/W)  
Facilitated by: Dr. Ashley Samson  
RE B1

Weekly  12-30-1:15 PM  Walkability Wednesday  
Facilitated by: Institute for Community Health and Wellbeing  
SN 115

Weekly  11 AM-12PM  Faculty & Staff Yoga (T)  
Facilitated by: Jessica Baby  
NH 106

Weekly  11 AM-1 PM  Lunch Time Express (M/W)  
Facilitated by: Student Recreation Center  
SRC

Weekly  5:30-6:30 PM  Commit To Be Fit (M/T/TH)  
Facilitated by: Kinesiology Department  
RE 180

For more information and additional programming, including financial counseling, visit http://www.csun.edu/development/training.