OCTOBER

10 AM - 11 AM
OV 16
Room
Presentation
Room, Library

Finding the Right Fit: How to Conduct an Effective Interview
We will discuss job factors for success and how to develop situational interview questions for the interview process. In turn, identify job characteristics that candidates possess the best "fit" for any given position.
Facilitated by Mike Williamson Director of Recruit Sr & Campus

9.30 AM - 10.30 AM
OV 16
Room
Instructor Led Training

CaPERS Seminar: Planning Your Future Retirement
If you are nearing retirement, this class will help you strategically plan and prepare for retirement.
Facilitated by Soledad French. Register at http://my.caipers.ca.gov

10 AM - 11 AM
OV 16
Room
Mindfulness Series Part I
This two-part series is designed to be both informative and experiential, providing participants with a basic understanding of what is meant by "mindfulness" and how it can incorporate into their daily lives.
Facilitated by Amy Rosenblatt Counselor University Counseling Services

10 AM - 11 AM
OV 16
Room
Sports Medicine - Grip Strength Screening
Learn about common acute sports injuries such as sprained tendons, fractures, torn ligaments, chronic conditions, or pain and stiffness in joints from repetitive use. Grip strength screenings provided.
Facilitated by a Faculty representative.

11.00 AM - 12.00 PM
OV 16
Room
From Hiring to Separation: Mastering Personnel Forms
If you are responsible for completing personnel forms, this open forum session can help you determine the correct routes to processing your transactions.
Facilitated by Mike Williamson Director, Recruitment, HR Services & Compensation.

12 PM - 2 PM
OV 16
Room
Medicare 101
This session will cover how Medicare coordinates with your CalPERS retiree health plan and provides you with specific information on how Kaiser HMO plans work with Medicare. Lunch will be provided.
Facilitated by Julia Brody CaPERS/Kaiser Retiree Consultant.

12 PM - 2 PM
OV 16
Room
Coach’s Clinic: Strength and Conditioning
Take advantage of this unique opportunity to learn tips from Coach Celio teaching student athletes that you can incorporate in your workout routines. Come meet the coaches and ask questions!
Facilitated by Jeff Celio Asst Strength & Conditioning Coach.

12 PM - 2 PM
OV 16
Room
Commit to Be Fit
This lunchtime/monthly fitness program is designed to be both informative and experiential, providing participants with a basic understanding of what is meant by “mindfulness” and how it can incorporate into their daily lives.
Facilitated by Amy Rosenblatt Counselor University Counseling Services

10 AM - 11 AM
OV 16
Room
Instructor Led Training

Lifecycle Seminar: One on One Consults
Facilitated by Valer’ Woods - Development.

9 AM - 11 AM
OV 16
Room
Instructor Led Training

Pantry Program: One on One Consults
Facilitated by Valer’ Woods - Development.

9 AM - 11 AM
OV 16
Room
Instructor Led Training

Personalized Development Program Consults
Facilitated by Valer’ Woods - Development.

9 AM - 11 AM
OV 16
Room
Instructor Led Training

Health and Wellness Consults
Facilitated by Estela Ayala - Development.

9 AM - 11 AM
OV 16
Room
Instructor Led Training

Career Development Consults
Facilitated by Valer’ Woods - Development.

9 AM - 11 AM
OV 16
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Instructor Led Training

Leadership Consults
Facilitated by Valer’ Woods - Development.

9 AM - 11 AM
OV 16
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Instructor Led Training

Life Skills Consults
Facilitated by Valer’ Woods - Development.

9 AM - 11 AM
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Instructor Led Training

Sustainability Consults
Facilitated by Valer’ Woods - Development.

9 AM - 11 AM
OV 16
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Instructor Led Training

Social Impact Consults
Facilitated by Valer’ Woods - Development.

9 AM - 11 AM
OV 16
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Instructor Led Training

Gender Consults
Facilitated by Valer’ Woods - Development.

9 AM - 11 AM
OV 16
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Instructor Led Training

Financial Consults
Facilitated by Estela Ayala - Development.

9 AM - 11 AM
OV 16
Room
Instructor Led Training

Personal Development Consults
Facilitated by Valer’ Woods - Development.

9 AM - 11 AM
OV 16
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Instructor Led Training

Employee Engagement Consults
Facilitated by Valer’ Woods - Development.

9 AM - 11 AM
OV 16
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Instructor Led Training

Retirement Planning Consults
Facilitated by Kam Nassiri and Marla Worsnop.

9 AM - 11 AM
OV 16
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Instructor Led Training

Interdisciplinary Consults
Facilitated by Valer’ Woods - Development.

9 AM - 11 AM
OV 16
Room
Instructor Led Training

Athletics Consults
Facilitated by Valer’ Woods - Development.

9 AM - 11 AM
OV 16
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Instructor Led Training

Student Success Consults
Facilitated by Valer’ Woods - Development.

9 AM - 11 AM
OV 16
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Instructor Led Training

Quality of Life Consults
Facilitated by Estela Ayala - Development.

9 AM - 11 AM
OV 16
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Instructor Led Training

Achieving Your Dreams Consults
Facilitated by Valer’ Woods - Development.

9 AM - 11 AM
OV 16
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Instructor Led Training

Sustained Impact Consults
Facilitated by Valer’ Woods - Development.

9 AM - 11 AM
OV 16
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Instructor Led Training

Charitable Impact Consults
Facilitated by Valer’ Woods - Development.

9 AM - 11 AM
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Instructor Led Training

Professional Development Consults
Facilitated by Valer’ Woods - Development.

9 AM - 11 AM
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Instructor Led Training

Personal Awareness Consults
Facilitated by Valer’ Woods - Development.

9 AM - 11 AM
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Public Impact Consults
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Leadership Development Consults
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Creative Impact Consults
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Action Plan Consults
Facilitated by Valer’ Woods - Development.

9 AM - 11 AM
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Grant Consults
Facilitated by Valer’ Woods - Development.

9 AM - 11 AM
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Instructor Led Training

Industry Consults
Facilitated by Valer’ Woods - Development.

9 AM - 11 AM
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Instructor Led Training

Healthcare Consults
Facilitated by Estela Ayala - Development.

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Professional Development Consults
Facilitated by Valer’ Woods - Development.

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Professional Development Consults
Facilitated by Valer’ Woods - Development.
**November 2014**

**3 PM**
**Health Center Student Support Center, Room 109**

**ValIC** - One on One

Through an interactive one on one session learn about retirement planning. To schedule an appointment with ValIC, contact Rafael Garcia at (818) 753-3293 or email at rafael.garcia@calstatevcs.com.

**9:30 AM - 11 AM**
**HR Conference Room, Room N55**

**Workplace Violence Part I**

Part I of this two-part workshop is designed to familiarize staff with the university resources available and how to activate those resources when responding to behaviors that may cause concern within your department. Facilitated by Kristina de la Vega - Intern VP, Human Resources.

**10 AM - 1 PM**
**Joint Health/Osteoporosis - Bone Density Screening**

Face representative will discuss what vitamins to take, why Osteoporosis happens, and provide exercise tips. Bone Density Screening will be provided. Facilitated by a Faculty Representative.

**12 PM - 2 PM**

**Lactation - “Setting the Scene for Healthy Lactation”**

Join us for a session exploring how to set a serene backdrop for lactation on campus. Presented jointly by the Institute for Community Health and Wellbeing and the Maternal and Child Nutrition and Diabetes. Lunch will be served to participants. Facilitated by Sal Esparza and Merav Efrat - Faculty, Health Sciences Department.

**12 PM - 1:30 PM**
**HR Conference Room, Room N55**

**Respect in the Workplace**

Learn about the process for resolving issues that occur when employees have concerns that can become a workplace challenge. Facilitated by John Waters - Faculty, Management.

**3 PM**
**HR Conference Room, Room N55**

**Mindfulness Series Part II**

The second part of this four session series will provide a brief overview of the popular practice of mindfulness that has been shown to increase psychological well-being and lower stress. Can be used to incorporate mindfulness into everyday lives. Facilitated by Amy Rosenbloom - Consultant, University Counseling Services.

**December 2014**

**12 PM - 1:30 PM**
**HR Conference Room, Room N55**

**MetLife - One on One**

Through an interactive one on one session learn about retirement planning. To schedule an appointment with Chris McCall (818) 374-4237 or (818) 648-0097.

**12:30 PM - 12:45 PM**
**HR Conference Room, Room N55**

**Supporting Employees with Disabilities Part I - MPP’s Only**

A general overview of the MPP’s role and the requirement to support employees. Emphasis will be placed on how managers and supervisors can make sound decisions regarding reasonable accommodations for employees with disabilities. Facilitated by Laurie Gold-Bukasser Advisor Or Dr. Rebecca Saar & Susan Hua Direct, Equity & Diversity.

**1:30 PM - 2:30 PM**
**HR Conference Room, Room N55**

**VOYA Retirement Life & Disability: One on One**

To schedule an appointment with Voya, contact Karen Nasar at (818) 774-0719 or email at k.nasar@ingfp.com.

**2:30 PM - 3:30 PM**
**HR Conference Room, Room N55**

**Workplace Violence Part II**

Part II of the workplace deals with the world scenario case on campus. A dynamic video will be shown and discussion will focus on how to explain the summary crime statistics and realistic strategies for coping. There will also be an overview of the campus emergency response system. Facilitated by Área Green, Chief of Police, and Kristina de la Vega - Intern VP, Human Resources.

**3 PM**
**HR Conference Room, Room N55**

**Balance, Movement and Focus on the Feet**

Learn the connection between exercise that you can do at your desk, or even while you are sitting at a desk, and how to assess the benefits of your own personal wellness routine. Facilitated by Michael McGarry - Faculty, Exercise Science.

**4 PM - 5 PM**
**Office Services Conference Room**

**Depression**

Depression is a serious illness which can significantly affect a person. Learn how to help family and friends cope with this illness. Content includes: Symptoms, self-help and treatment guide to better sleep and how to support someone with depression. Facilitated by Linda Stowe (LifeMatters).

**5 PM - 6 PM**
**Office Services Conference Room**

**Skin Damage - Lecture and Derma Scan Screening**

A healthy work environment promotes mutual respect and positive co-worker relationships. Learn how to recognize and promote respect in the workplace in this interactive session. Facilitated by Linda Stowe (LifeMatters).

**6 PM - 7:30 PM**
**Office Services Conference Room**

**Skin Damage - Lecture**

Skin damage - Lecture will provide facts about sun damage in the US, how to prevent, and tips for adults and kids. This training is provided by DermaScan. Facilitated by a Faculty Representative.

**7:30 PM - 8 PM**
**Office Services Conference Room**

**Dealing with Holiday Stress**

The holidays can be a wonderful time of year but they can also be a source of considerable stress. In this session we will explore the many reasons why the holidays can be so stressful and offer possible solutions to bring more enjoyment into this special time of the year. Facilitated by Mark Stevens - Director Under Counseling Services.

**8 PM - 9 PM**
**Office Services Conference Room**

**Budgeting in December**

Learn about the different areas on campus develop, allocate, and manage their budgets and other resources. Facilitated by Edith Winterhalter Or of Adm Services, Cecilia Avila-Bobson, Resource Mgr; Student Affairs and Renée Wight, Manager of Academic Res, College of Health and Human Development.

**9 AM - 10 AM**
**Office Services Conference Room**

**Fitness & Wellness**

Join an interactive session on the importance of mental health and how it relates to health and wellness. Facilitated by Dr. Tamara Geronimo, Professor, Exercise Science.

**10 AM - 11 AM**
**Office Services Conference Room**

**HR Conference Room, Room N55**

**Teaching in the San Fernando Valley Community**

Join us for a session that will provide tips and strategies for motivating staff to accept new changes. Facilitated by Daniel DeGravel - Faculty, Management.

**11 AM - 12 PM**
**HR Conference Room, Room N55**

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