
















September

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

October




10-06	9-11:30 AM	<u>CERT Training, Seven-Week Course</u> Facilitated by: Susan Jensen	Ferman Presentation Room, OV	
10-07	12:30-1:30 PM	<u>Going Solar: Everything You Need to Know</u> Facilitated by: Helen Cox, Chris Blevins	OV 16	
10-07	1-2:30 PM	<u>How to Find Optimal Childcare, Schools, or Unique Learning Environments for Your Child</u> Facilitated by: Whitney Scott, Joyce Marie Brusasco, Holli Tonyan, Tony Karch	DPS, 2nd Floor Training Room	
10-12	10 AM-1 PM	<u>Preventing Skin Damage to Our Skin (Derma Scan Screening Included)</u> Facilitated by: Facey Representative	OV 16	
10-13	12:05-1:05 PM	<u>Reducing Stress and Finding Joy through Mindfulness</u> Facilitated by: Amy Rosenblatt, Diane Gehart, David Boyns	OV 16	
10-14	12-1 PM	<u>Grow Your Mind Book Club</u> Facilitated by: Elizabeth Adams, Deborah Cours, Melanie Williams	OV 16	
10-15	9-10:55 AM	<u>Being at Your Best: Knowing Your True Colors and How Best to Work with Others</u> Facilitated by: Bridget Sampson	Ferman Presentation Room, OV	
10-15	12-12:55 PM	<u>Identity Theft Prevention</u> Facilitated by: Police Services Staff	DPS, 2nd Floor Training Room	
10-20	8:30 AM - 4 PM	<u>CalPERS Seminar: Planning for Your Retirement</u> Facilitated by: Mindy Fox, CalPERS	DPS, 2nd Floor Training Room	
10-20	12-12:55 PM	<u>Building Marshal Training</u> Facilitated by: Jenny Novak	DPS, 2nd Floor Training Room	
10-21	10-10:55 AM	<u>Selling Yourself; Selling Your Ideas</u> Facilitated by: John Kephart III	OV 16	
10-22	10-10:55 AM	<u>Navigating the Audit Trail</u> Facilitated by: Howard Lutwak	OV 16	
10-22	12-1 PM	<u>Working Moms Brown Bag Lunch</u> Facilitated by: All participants	USU, Moorpark Room	
10-26	9 AM-3:30 PM	<u>Worksite Wellness Event</u> Facilitated by: Mazim Health Systems	OV16	
10-27	10-11:30 AM	<u>Social Security Administration Workshop</u> Facilitated by: Anna Roca and Margaret Price, Social Security Administration	OV 16	
10-27	12-12:55 PM	<u>Living in Earthquake Country: Preparing for the Big One</u> Facilitated by: Jenny Novak	DPS, 2nd Floor Training Room	
10-28	9:30-11 AM	<u>Dealing with Workplace Violence and Fear or Threats of Violence - Part 1</u> Facilitated by: Anne Glavin	DPS, 2nd Floor Training Room	
10-29	10-11:30 AM	<u>Understanding and Helping Students: Securing Success from Recruitment to Orientation</u> Facilitated by: William Watkins	Ferman Presentation Room, OV	
10-30	9 AM-12:30 PM	<u>American Red Cross Adult CPR and AED (Automated Extended Defibrillation)</u> Facilitated by: Daniel Castellon	OV 16	

November

11-02	2-3 PM	<u>Incorporating Healthier Behaviors Into Your Lifestyle</u> Facilitated by: Sandra Salute	SRC - Conference Room	
11-03	12-12:55 PM	<u>Building Marshal Training</u> Facilitated by: Jenny Novak	DPS, 2nd Floor Training Room	
11-03	12-1:30 PM	<u>Theatre for Social Change</u> Facilitated by: Doug Kaback and the Institute for Community Health and Wellbeing	OV 16	
11-03	5:30-8:30 PM	<u>Rape Aggression Defense (RAD) for Women</u> Facilitated by: Police Services Staff	DPS, 2nd Floor Training Room	

11-04	9:30-11 AM	<u>Dealing with Workplace Violence and Fear or Threats of Violence - Part 2</u> Facilitated by: Anne Glavin	DPS, 2nd Floor Training Room	
11-04	12:30-1:30 PM	<u>Sustainable Alternatives to your Lawn</u> Facilitated by: James Logsdon, Reuben Lopez	OV 16	
11-05	5:30-8:30 PM	<u>Rape Aggression Defense (RAD) for Women</u> Facilitated by: Police Services Staff	DPS, 2nd Floor Training Room	
11-05	10:05-11:35AM	<u>Supporting Transgender Students on Campus</u> Facilitated by: Sarina Loeb	OV 16	
11-09	2-3:25 PM	<u>Guiding Our Students to Success - With a Little Help from Our DRES</u> Facilitated by: Jodi Johnson	OV 16	
11-10	5:30-8:30 PM	<u>Rape Aggression Defense (RAD) for Women</u> Facilitated by: Police Services Staff	DPS, 2nd Floor Training Room	
11-10	2-3:35 PM	<u>Supporting Employees with Disabilities</u> Facilitated by: Susan Hua and Laurie Gold-Brubaker	OV 16	
11-12	4-6 PM	<u>First Time Home Buyer's Seminar</u> Facilitated by: Linda Turner	Orange Grove Bistro	
11-12	5:30-8:30 PM	<u>Rape Aggression Defense (RAD) for Women</u> Facilitated by: Police Services Staff	DPS, 2nd Floor Training Room	
11-12	12-12:55 PM	<u>Emergency Kit Essentials</u> Facilitated by: Jenny Novak	DPS, 2nd Floor Training Room	
11-16	2-3:25 PM	<u>Managing Conflict in the Work Environment - MPPs Only</u> Facilitated by: Whitney Scott	OV 16	
11-17	10-11:25 AM	<u>For Supervisors & Managers: Understanding How CSUN's Classification & Compensation System Works</u> Facilitated by: Mika Williamson and Lynn Marks	OV 16	
11-18	10-11 AM	<u>What you need to know about Diabetes</u> Facilitated by: Facey Representative	OV 16	
11-18	12-1 PM	<u>Grow Your Mind Book Club</u> Facilitated by: Elizabeth Adams, Deborah Cours, Melanie Williams	OV 16	
11-19	10 AM-12 PM	<u>Cooking on a Budget for Kids and Families - WIC Program Sponsored presentation for CSUN Faculty and Staff</u> 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	<u>Working Moms Brown Bag Lunch</u> Facilitated by: All participants	USU, Moorpark Room	

December

12-01	9-10:30 AM	<u>Managing During Critical Incidents</u> Facilitated by: Anne Glavin	DPS, 2nd Floor Training Room	
12-03	12-1 PM	<u>Now is the Time - Smoking Cessation</u> Facilitated by: Ester Jun, M.D.	OV 16	
12-03	10-11 AM	<u>CSUN Rise: Maximizing the Identity System & Positioning Platform</u> Facilitated by: Jeff Noblitt, Kevin Lizarraga	Ferman Presentation Room, OV	
12-08	10-11 AM	<u>Childhood Obesity - A Growing Problem in the US</u> Facilitated by: Facey Representative	OV 16	
12-09	12-1 PM	<u>Grow Your Mind Book Club</u> Facilitated by: Elizabeth Adams, Deborah Cours, Melanie Williams	OV 16	
12-16	12-1 PM	<u>Working Moms Brown Bag Lunch</u> Facilitated by: All participants	Santa Susana Room, USU	

Weekly	7-8 AM	<u>Early Morning Yoga (M/W)</u> Facilitated by: Dr. Ashley Samson	RE B1	
Weekly	12:30-1:15 PM	<u>Walkability Wednesday</u> Facilitated by: Institute for Community Health and Wellbeing	SN 115	
Weekly	11 AM-12PM	<u>Faculty & Staff Yoga (T)</u> Facilitated by: Jessica Baty	NH 106	
Weekly	11 AM-1 PM	<u>Lunch Time Express (M/W)</u> Facilitated by: Student Recreation Center	SRC	
Weekly	5:30-6:30 PM	<u>Commit To Be Fit (M/T/TH)</u> Facilitated by: Kinesiology Department	RE 180	



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