

























January













1/09	5:30 PM - 8:30 PM	<u>RAD for Women (4-part workshop)</u> Facilitated by: Stacey Nowak	Police Services, 2nd FI Training Rm	
1/24	9:00 AM - 10:00 AM	<u>Communicating Effectively - Life Matters Webinar</u> Facilitated by: Life Matters	Online	
1/25	12:00 PM - 12:55 PM	<u>Identity Theft Prevention</u> Facilitated by: Stacey Nowak	Police Services, 2nd FI Training Rm	
1/25	10:00 AM - 11:00 AM	<u>CSU's Got Talent Webinar: Leadership & the Environment</u> Facilitated by: Joshua Spodek, Professor at NYU and author	Oviatt 16	
1/31	2:00 PM - 3:00 PM	<u>New Year, New You – Achieve a Healthier Lifestyle</u> Facilitated by: Sandra Salute	Oasis Center	






February

2/01	10:00 AM - 11:30 AM	<u>Life Happens: Coordinating the Leave Process for Employees</u> Facilitated by: Laurie Gold-Brubaker & Karyn Cote	Oviatt 16	
2/02	9:00 AM - 12:30 PM	<u>American Red Cross Adult CPR and AED (Automated Extended Defibrillator)</u> Facilitated by: Daniel Castellon	Oviatt 16	
2/06	8:00 AM - 4:00 PM	<u>CalPERS One-on-One Consultations</u> Facilitated by: Mindy Fox	Extended Univeristy Commons 106	
2/06	5:30 PM - 8:30 PM	<u>The Basics of Pepper Spray</u> Facilitated by: Stacey Nowak	Police Services, 2nd FI Training Rm	
2/06	10:00 AM - 11:00 AM	<u>Navigating the Audit Trail</u> Facilitated by: Howard Lutwak	Oviatt 16	
2/07	10:00 AM - 11:00 AM	<u>The 411 on College Savings. Simplify with a 529!</u> Facilitated by: Omar Marquez	Oviatt 16	
2/08	7:00 PM*	<u>Matador Athletics Faculty and Staff Appreciation Series - Women's Basketball vs Long Beach State</u> Facilitated by: Matador Athletics	Matadome	
2/08	2:00 PM - 3:00 PM	<u>The Importance of Social Media in Our Environment</u> Facilitated by: Jeff Noblitt & Emily Olson	Oviatt 16	
2/08	12:30 PM - 1:25 PM	<u>Disaster Ready - Personal Preparedness 101</u> Facilitated by: Lisa Curtis	Police Services, 2nd FI Training Rm	
2/13	9:00 AM - 10:30 AM	<u>Documentation Can Help Rise the Bar for You and Your Employee(s)</u> Facilitated by: Toni Strauja	Oviatt 16	
2/13	12:30 PM - 1:30 PM	<u>Tips to Save Money and Reduce Your Environmental Impact</u> Facilitated by: Institute for Sustainability	Oviatt 16	
2/14	2:00 PM - 3:00 PM	<u>Understanding CSUN's Procurement Policy</u> Facilitated by: Deborah Flughum	Oviatt 16	
2/15	12:30 PM - 1:25 PM	<u>Disaster Ready - Emergency Kit Essentials</u> Facilitated by: Lisa Curtis	Police Services, 2nd FI Training Rm	
2/15	10:00 AM - 11:00 AM	<u>Employee Assistance Benefits Program for Faculty & Staff</u> Facilitated by: Life Matters	Oviatt 16	



















2/20	10:00 AM - 11:30 AM	<u>Q.P.R. Suicide Prevention Training: Question, Persuade, Refer</u> Facilitated by: Anne Eipe	Oviatt 16	
2/21	9:00 AM - 10:00 AM	<u>What to Look Out for as Our Loved Ones Age - Life Matters Webinar</u> Facilitated by: Life Matters	Online	
2/24	7:00 PM*	<u>Matador Athletics Faculty and Staff Appreciation Series - Men's Basketball vs UC Santa Barbara</u> Facilitated by: Matador Athletics	Matadome	
2/27	1:00 PM - 2:00 PM	<u>Manager Exchange Managing Conflict in the Work Environment - MPP</u> Facilitated by: Whitney Scott	Oviatt 16	
2/28	9:00 AM - 11:00 AM	<u>Budgeting in Action</u> Facilitated by: Edith Winterhalter, Callie Juarez, and Cecille Avila-Robison	Oviatt 30	
2/28	12:00 PM - 1:00 PM	<u>Learning Can Be Fun and Almost Free: The CSU Fee Waiver & Reduction Program Benefit</u> Facilitated by: Nikki Valadez, Nick Alexander, Frank Calderon, Shen Milunvic	Oviatt 30	
2/28	10:00 AM - 11:00 AM	<u>CSU's Got Talent Webinar: An Introduction to Mindfulness Meditation</u> Facilitated by: Juliet Hwang, Pediatrician, Kaiser Permanente	University Hall 277	


March

3/01	9:00 AM - 10:00 AM	<u>Respect in the Workplace</u> Facilitated by: Lara Garibian, LMFT	Oviatt 16	
3/01	12:00 PM - 12:55 PM	<u>Cyber Safety</u> Facilitated by: Stacey Nowak	Police Services, 2nd Fl Training Rm	
3/02	7:00 PM*	<u>Matador Athletics Faculty and Staff Appreciation Series - Men's Volleyball vs Long Beach State</u> Facilitated by: Matador Athletics	Matadome	
3/05	12:00 PM - 1:00 PM	<u>Now is the Time - Smoking Cessation</u> Facilitated by: Rosemary Martin	Oviatt 16	
3/06	2:00 PM - 3:00 PM	<u>Manager Exchange Building a Culture of Employee Recognition</u> Facilitated by: Toni Strauja, Rosemary Martin, Frank Stranzl, & Deb Wallace	Oviatt 16	
3/06	10:00 AM - 12:00 PM	<u>LGBTQ from A to Z</u> Facilitated by: Sarina Loeb	Thousand Oaks Room, USU	
3/07	10:00 AM - 11:00 AM	<u>Expanding Your Sphere of Influence</u> Facilitated by: Life Matters	Oviatt 16	
3/08	3:00 PM - 4:30 PM	<u>Disaster Ready - Earthquake Preparation, Response, and Recovery</u> Facilitated by: Lisa Curtis	Police Services, 2nd Fl Training Rm	
3/08	12:00 PM - 1:00 PM	<u>Healthy Eating 360 - Healthy Eating Through the Weekend Hustle</u> Facilitated by: Marilyn Magaram Center Staff	Oviatt 16	
3/12	12:00 PM - 1:00 PM	<u>Planting an Organic Vegetable Garden in 5 Easy Steps</u> Facilitated by: Mario Giraldo	CSUN Sustainable Garden Education Center	
3/13	10:00 AM - 12:00 PM	<u>CalPERS Seminar: Planning for Your Retirement</u> Facilitated by: Mindy Fox	Extended Univeristy Commons 101	
3/15	12:00 PM - 1:00 PM	<u>Savings Plus - Investing</u> Facilitated by: TBD	Oviatt 16	
3/21	9:00 AM - 10:00 AM	<u>Substance Abuse and Your Loved Ones - Life Matters Webinar</u> Facilitated by: Life Matters	Online	
3/22	10:00 AM - 11:00 AM	<u>CSU's Got Talent Webinar: The 5 Essential Practices of Collective Wisdom</u> Facilitated by: Alan Briskin, Author	Oviatt 16	





3/27	9:00 AM - 4:00 PM	<u>Water Day</u> Facilitated by: Institute for Sustainability	USU Northridge Center	
3/27	12:00 PM - 1:00 PM	<u>StressLESS: A Guide to Stress and Sleep Management</u> Facilitated by: Amy Rosenblatt & Susan Krikorian	Oviatt 16	
3/28	2:00 PM - 3:30 PM	<u>Finding the Right Fit: How to Conduct an Effective Interview</u> Facilitated by: Mika Williamson	Oviatt 16	
3/29	12:30 PM - 1:25 PM	<u>Disaster Ready - Fire Safety in the Home and Wildfire Preparedness and Response</u> Facilitated by: Lisa Curtis	Police Services, 2nd Fl Training Rm	
3/30	3:00PM*	<u>Matador Athletics Faculty and Staff Appreciation Series - Matador Softball vs UC Davis</u> Facilitated by: Matador Athletics	Matador Baseball Field	

April





4/03	12:00 PM - 1:00 PM	<u>Just Do It - Strategies for Reducing Procrastination</u> Facilitated by: Life Matters	Oviatt 16	
4/05	12:30 PM - 1:25 PM	<u>Disaster Ready - Protecting Critical Documents and Valuables in Emergencies</u> Facilitated by: Lisa Curtis	Police Services, 2nd Fl Training Rm	
4/09	5:30 PM - 8:30 PM	<u>RAD for Men (4-part workshop)</u> Facilitated by: Stacey Nowak	Police Services, 2nd Fl Training Rm	
4/10	9:30 AM - 11:00 AM	<u>Workplace Violence/Surviving an Active Shooter Incident - Part 1</u> Facilitated by: Anne Glavin and Kristina de la Vega	Police Services, 2nd Fl Training Rm	 
4/10	8:00 AM - 4:00 PM	<u>CalPERS One-on-One Consultations</u> Facilitated by: Mindy Fox	Extended University Commons 106	
4/10	12:00 PM - 12:55 PM	<u>Maintaining a Proactive Approach to Personal Safety</u> Facilitated by: Stacey Nowak	Police Services, 2nd Fl Training Rm	
4/11	2:00 PM - 3:00 PM	<u>eCommerce At CSUN</u> Facilitated by: Steve Woods	Oviatt 16	
4/12	10:00 AM - 11:00 AM	<u>Communication Secrets for Success</u> Facilitated by: Bridget Sampson	Oviatt 16	
4/14	1:00PM*	<u>Matador Athletics Faculty and Staff Appreciation Series - Matador Baseball vs Long Beach State</u> Facilitated by: Matador Athletics	Matador Baseball Field	
4/17	9:30 AM - 11:00 AM	<u>Workplace Violence/Surviving an Active Shooter Incident - Part 2</u> Facilitated by: Anne Glavin and Kristina de la Vega	Police Services, 2nd Fl Training Rm	 
4/19	12:30 PM - 1:25 PM	<u>Disaster Ready Kids!</u> Facilitated by: Lisa Curtis	Police Services, 2nd Fl Training Rm	
4/19	12:00 PM - 1:00 PM	<u>Healthy Eating 360 - Healthy Eating on the Road</u> Facilitated by: Marilyn Magaram Center Staff	Oviatt 16	
4/23	9:00 AM - 11:00 AM	<u>When Coaching and Counseling are Not Enough: Taking Corrective Action & Improving Performance - MPPs</u> Facilitated by: Toni Strauja	Oviatt 16	
4/23	12:30 PM - 1:25 PM	<u>Disaster Ready - Earthquake Preparation, Response, and Recovery</u> Facilitated by: Lisa Curtis	Police Services, 2nd Fl Training Rm	
4/25	9:00 AM - 10:00 AM	<u>Quality Time for the Time-Pressed Family - Life Matters Webinar</u> Facilitated by: Life Matters	Online	
4/26	2:00 PM - 3:00 PM	<u>Manager Exchange Advancing Change</u> Facilitated by: Colin Donahue	Oviatt 16	
4/26	10:00 AM - 11:00 AM	<u>CSU's Got Talent Webinar: Business Writing Bootcamp for Faculty, Staff & Administrators</u> Facilitated by: Nancy Flynn, Business Writer and Author	Extended University Commons 106	

4/30	10:00 AM - 11:00 AM	<u>Healthy Habits: For Good Health</u> Facilitated by: Kaiser Permanente Representative	Oviatt 16	
------	---------------------	---	-----------	--







May

5/02	8:30 AM - 11:00 AM	<u>2018 Staff Service Awards and Recognition of Excellence</u> Facilitated by: Human Resources	Northridge Center, USU	
5/03	12:30 PM - 1:25 PM	<u>Disaster Ready - Emergency Preparedness for First Responders and Their Families</u> Facilitated by: Lisa Curtis	Police Services, 2nd Fl Training Rm	
5/08	11:30 AM - 1:00 PM	<u>Personal Resilience</u> Facilitated by: Life Matters	Oviatt 16	
5/09	5:30 PM - 8:30 PM	<u>The Basics of Pepper Spray</u> Facilitated by: Stacey Nowak	Police Services, 2nd Fl Training Rm	
5/17	12:00 PM - 1:00 PM	<u>Savings Plus - Nearing Retirement</u> Facilitated by: TBD	Oviatt 16	
5/23	9:00 AM - 10:00 AM	<u>Working with Millennials - Life Matters Webinar</u> Facilitated by: Life Matters	Online	

June

6/12	5:30 PM - 8:30 PM	<u>RAD for Women (4-part workshop)</u> Facilitated by: Stacey Nowak	Police Services, 2nd Fl Training Rm	
6/14	10:30 AM - 12:00 PM	<u>Disaster Ready - Making Emergency Preparedness Fun with the Family</u> Facilitated by: Lisa Curtis	Police Services, 2nd Fl Training Rm	
6/20	9:00 AM - 10:00 AM	<u>Taking Care of Your Skin - Life Matters Webinar</u> Facilitated by: Life Matters	Online	
6/27	12:30 PM - 1:25 PM	<u>Disaster Ready - Personal Preparedness 101</u> Facilitated by: Lisa Curtis	Police Services, 2nd Fl Training Rm	

Series

1/03	12:00 PM - 1:00 PM	<u>Matador Masters - Faculty and Staff Toastmasters (1/18, 2/7, 2/22, 3/7, 3/22, 4/4, 4/19)</u> Facilitated by: Faculty & Staff	Oviatt 16	
1/17	8:00 AM - 5:00 PM	<u>Fidelity One-on-One (1/18, 2/20, 3/12, 4/17, 4/18, 5/15, 5/16)</u> Facilitated by: Christel Whittier	Entended University Commons 106	
1/19	9:00 AM - 12:00 PM	<u>New Employee Welcome Orientation (2/27, 3/29, 4/26, 5/31, 6/26)</u> Facilitated by: Human Resources	Oviatt 16	
1/22	11:00 AM - 2:00 PM	<u>Lunch Time Express Begins, (Weekly M & W, ends on 5/16)</u> Facilitated by: SRC Trainers	Student Recreation Center	
1/23	12:00 PM - 1:00 PM	<u>Working Moms Brown Bag Lunch Begins (Monthly: 2/20, 4/24, 5/22)</u> Facilitated by: Rosemary Martin	Oviatt 16	
2/01	5:30 PM - 6:20 PM	<u>Commit To Be Fit Begins (Weekly M-Th, ends on 5/3)</u> Facilitated by: Kim Henige & Shabnam Islam	Redwood Hall 200	
2/05	12:00 PM - 1:00 PM	<u>Mindfulness Mondays Begin (Weekly M, ends on 5/7)</u> Facilitated by: Institute of Community Health and Wellbeing	Santa Susanna Hall 108	
2/07	12:00 PM - 1:00 PM	<u>Walkability Wednesdays Begins (Weekly W, ends on 5/9)</u> Facilitated by: Institute of Community Health and Wellbeing	Santa Susanna Hall 115	

CAMPUS PRIORITIES



Student
Success



Employees
for Success



Diversity &
Inclusive
Excellence



Visibility & Reputation
of the University



Increase
Financial
Strength



Increase Research
Activity &
Sponsored Programs



Sustainability



Athletics as a
Tool for Engagement

INTERESTS



Financial
Wellness



Personal
Wellbeing



Risky
Business



Safety

Please refer to the online calendar at <http://www.csun.edu/development/training> for up-to-date program information, descriptions, and registration information.

**Times are subject to change, please visit Go.Matadors.com for the most current game times.*

As of 20180409