



TIME TO LEARN

Wild About Winter Workshops

ATTEND OUR DECEMBER WORKSHOPS SPONSORED BY CSUCI'S PROFESSIONAL DEVELOPMENT AND PERSONAL ENRICHMENT (PDPE) PROGRAM

Visit the Professional Development website at www.csuci.edu/hr/training.htm to RSVP

*Remember to alert your Supervisor that you are attending

Tuesday, Dec. 12th
10am-11am in SAGE 2030

"What did you say?" Communicating Clearly Using Email

presented by Brian Lindgren – Organizational Effectiveness Specialist and Trainer

Have you ever received an email and said, “Huh?”? Have you ever sent an email and the person receiving it thinks you are mad at them? Join us for lively discussion and activities as we examine how to positively and clearly communicate using email.

Wednesday, Dec. 13th
10-11am in BROOME 2325

Life's Juggling Act: Strategies for Finding Life Balance and Managing Stress

presented by Ellen Contente, Optum Inc.

An out-of-balance life can contribute to high levels of stress. This program combines elements of Optum's “Balancing work and home” and “Stress management: Additional techniques” programs. You will have an opportunity to complete the Optum™ Lifescale® Survey and learn methods of using assets to meet needs. And you will take home a variety of tools for addressing stress.

Program highlights:

- Explore methods for achieving a better balance in managing the conflicting demands of our lives
- Identify resources that can be used to meet needs
- Examine personal values and choices
- Learn skills for effectively managing multiple demands

Wednesday, Dec. 20th
4-4:55pm in Lindero 1864

Monthly Mindfulness Series

presented by: Holly Sacks, Mindfulness Facilitator

Mindfulness is awareness that arises through paying attention, on purpose, in the present moment, and non-judgmentally. Mindfulness of thoughts, feelings, and physical sensations, combined with cognitive interventions such as making changes to ineffective patterns of thinking, are useful tools for managing distress. Participants will learn mindfulness practices designed to calm the mind and relax the body. Whether you are a true beginner to meditation or are willing to have a beginner's mind, all faculty and staff are welcome! Feel free to drop in for one session or join us for all of the monthly sessions. **No RSVP necessary.**

Weekly Wellness...

JOIN THE FUN WITH WEEKLY STAFF WELLNESS ACTIVITIES

Visit the Professional Development website at www.csuci.edu/hr/training.htm

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Fridays in December
7:15 - 8:30am

Yoga Fridays

Improve cardiovascular fitness, balancing the nervous system and improving brain function with Himalayan yogic techniques. Bring a yoga mat and water bottle. Taught by Dr. Christina Pabers in sponsorship with CI Wellness and Athletics. [Check the weekly schedule for locations as they are subject to change.](#) **No RSVP necessary.**

On Hiatus...

Staff Zumba is on Hiatus until January



Channel Islands
CALIFORNIA STATE UNIVERSITY

Questions, Comments, or Suggestions? Contact:

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