



# HAPPY NEW YOU!

## Start the New Year right...

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

Visit the Professional Development website at [www.csuci.edu/hr/training/pdpe/in-person.htm](http://www.csuci.edu/hr/training/pdpe/in-person.htm) to RSVP  
\*Remember to alert your Supervisor that you are attending

Wednesday, Jan. 10  
10-11am in SAGE 2030

### Manager's Guide to Making Changes in the Unionized Work Place - "Meet and Confer" – Managers Only

*presented by Angela Portillo, CSUCI Employee Relations and Human Resources Manager*

Managers have the right to make changes in the workplace related to wages, hours and working conditions. However, unions also have the right to bargain over those changes before they are implemented. **You will learn:**

- Identifying changes that will trigger a "Meet and Confer."
- The Meet and Confer Process.
- How to effectively manage in a union-represented environment while respecting employee rights.

This interactive training is a must for new managers and those who are new to managing union-represented employees.

Wednesday, Jan. 17  
2-3:30pm in SAGE 2030

### Cultural Appropriation vs. Appreciation: How 'Borrowing' Leads to Exploitation

*presented by Jean Estevez, Manager of Institutional Equity and Motoko Kitazumi, Coordinator of Intercultural Services*

Whether it's dressing up in a costume for Halloween, holding "themed" celebrations, wearing fashion "trends" or taking part in local customs, in some instances, a line is crossed and a person's attempt to partake or immerse themselves in the culture of another can become exploitative. Selecting certain aspects of another's culture while ignoring the original significance or honoring its context is commonly referred to as "cultural appropriation." Come learn about the fine line between cultural appropriation and appreciation, and some ways you can support respectful cultural exchange on campus through a greater realization that we all have different lived experiences. (Part of the "Welcoming Diversity Series" through the partnership with the Title IX & Inclusion office.)

Thursday, Jan. 18  
10-11am in Broome 2325

## New Year, New Goals - Get Financially Fit

*presented by Pattie Braga, Ventura County Credit Union*

Let's start the New Year off right by getting financially fit! Join us for a fun and informative workshop on how you can budget better, learn strategies for paying off debt and the best ways to save for a rainy day. CSUCI is happy to partner with Ventura County Credit Union in this timely financial workshop. **We'll cover:**

- Your Budgeting Pie.
- SMART Goals.
- Planning a Yearly Tune Up.
- Going on a Spending Diet.

Tuesday, Jan. 23  
10-11am in Sage 2030

## “In the Driver’s Seat” - Women and Investing – Fidelity Investments

*presented by Christel Whittier, Fidelity Investments*

Join Christel Whittier, CSUCI's Fidelity Consultant, to discuss the importance of making financial wellness a priority. Women and men are welcome to join in on the conversation.

Tuesday, Jan. 30  
2:30-3:30pm in Sage 2030

## Providing Excellent Customer Service, Developing Personal Service Standards

*presented by Brian Lindgren, CSUCI Organizational Effectiveness Specialist/Trainer*

Who do you serve? Why do you help others and how do you do it? Join us for a discussion on giving excellent service at all times, even when there are challenging circumstances and requestors. **We will discuss:**

- Basics of customer service.
- Identifying who you serve and your standard for service.
- Service challenges and strategies to overcome them.

# Weekly Wellness...

JOIN THE FUN WITH WEEKLY STAFF WELLNESS ACTIVITIES

Visit the Professional Development website at [www.csuci.edu/hr/training/pdpe/in-person.htm](http://www.csuci.edu/hr/training/pdpe/in-person.htm)

\*Remember to alert your Supervisor that you are attending

Tue/Thu starting Jan. 16  
5:15 - 6:15pm in Rec Center Gym

## Staff Zumba

Dance along with great tunes and wonderful colleagues. Taught by licensed instructor, Louise Siefert in sponsorship with CI Wellness and Athletics. **No RSVP necessary.**

Returning Jan. 19  
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.**

Wednesday Jan. 24  
4-4:55pm in Lindero 1874

## Wellness Wednesday

*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.**

.....

### Questions, Comments, or Suggestions? Contact:

Brian Lindgren • Organizational Effectiveness Specialist/Trainer  
CSU Channel Islands • Lindero Hall, Room 1766 • 1 University Dr., Camarillo, CA 93012  
805-437-8442 • [www.csuci.edu/hr/training](http://www.csuci.edu/hr/training) • [brian.lindgren@csuci.edu](mailto:brian.lindgren@csuci.edu)