



# TIME TO LEARN

## FALL INTO LEARNING...

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

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

Wednesday, Oct. 18th  
1:30-4pm in Broome Library 2480

### **CalPERS Retirement Seminar: Planning Your Retirement**

*Presented by Mindy Fox, CalPERS Representative*

Are you prepared for retirement? Do you know what to do? This educational class will help you plan and prepare for retirement. Regardless of where you are in your career, begin now to secure your future. Please contact [diana.enos@csuci.edu](mailto:diana.enos@csuci.edu) for more information. Space is limited to 40 participants, so RSVP now.

Tuesday, Oct. 24th  
11am-12pm in Sage Hall 2030

### **Introduction to Qualtrics**

*Presented by Daniel Martinez, Web Supervisor CSU Channel Islands*

Does Qualtrics sound familiar but you are not sure how it can help you? Have you tried to use Qualtrics for survey or rsvp responses and need some basic information to get you going? This is the workshop for you! Please join Daniel Martinez (Web Supervisor at CI) as he navigates you through the basics of Qualtrics.

After this workshop you will be able to:

- Access Qualtrics
- Identify Qualtrics' capabilities for form building and data analysis
- Find further Qualtrics related training resources

Wednesday, Oct. 25th  
4 - 4:55pm 2nd floor Lindero 2810

## Wellness Wednesdays

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!

Holly Sacks continues your monthly mindfulness journey. Ms. Sacks is an experienced mindfulness facilitator, trained and certified at the UCLA Mindful Awareness Research Center (MARC). She currently teaches mindfulness classes for the Neuroboxing Foundation and the CSUCI Osher Lifelong Learning Institute. She is the co-founder of the recently opened NOW House Mindful Awareness Center in Westlake. Ms. Sacks received her B.A. from UC Berkeley and has completed post-graduate work at UCLA, the University of the South School of Theology, and Harvard Business School Executive Education.

Feel free to drop in for one session or join us for all of the monthly sessions. **No RSVP**

## WEEKLY WELLNESS...

JOIN THE FUN WITH WEEKLY STAFF WELLNESS ACTIVITIES

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

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Fridays: Beginning Oct. 20th  
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.**

Tue/Thu in Rec Center Gym  
5:15 - 6:15pm

## Staff Zumba

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.



Channel Islands  
CALIFORNIA STATE UNIVERSITY

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

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