



JOIN OUR FALL WORKSHOP SERIES

SPONSORED BY CI'S PROFESSIONAL DEVELOPMENT PROGRAM

**Wednesday, November 4 – 9:00a.m. - 10:30a.m.
Broome 2325**

CI Title IX Inclusion Officer Presents: Blindspots- Understanding Unconscious Bias

During this session participants will explore the role each of us plays in cultivating an inclusive culture on campus. For the first half of the session, participants will explore how biases towards others develop as social constructs. Then, participants will discuss best practices to tap into a greater self-awareness of their own biases and examine how doing so can enhance interactions with campus community members.

**This will be the inaugural workshop in a Welcoming Diversity series.*

**Thursday, November 5 – 9:00a.m. – 10:00a.m. and 11:00a.m.-12:00p.m.
(*Note: 2 sessions- can be attended separately)
Ojai 1986**

Optum Health Presents: Holiday Budgeting & Putting the Happy Back in the Holidays

Holiday Budgeting will help you avoid waking up on January 2 thinking, “How could I have spent that much and eaten that much!” This motivational class teaches a skill set to keep the holidays in balance.

Putting the Happy Back in the Holidays will examine holiday stress and help participants identify some of the factors that contribute to it. Attendees will be able to make better choices for the holidays while reducing stress levels, improving family relationships and having more fun.

**Monday, November 9 – 9:00a.m. – 12:00p.m.
Bell Tower 1568**

Lauren Nile Presents: Creating and Maintaining a Respectful, Professional and Enjoyable Work Environment

This session will focus on the critical elements of creating and maintaining a respectful, professional and enjoyable work environment. Areas such as characteristics of a respectful workplace, results of disrespect in the workplace, communicating respectfully and working successfully with conflict will be reviewed.



Tuesday, November 10 – 9:00a.m. – 12:00p.m.
Bell Tower 1568

Lauren Nile Presents: Building and Maintaining a Great Team! A Workshop for Managers (*Intended for Managers/Leads)

This session will focus on important do's of creating and maintaining an effective team. Topics such as mentoring for success, motivating for excellence, building trust through fairness, fostering respect and the principles of effective leadership will be reviewed and discussed.

Thursday, November 19 – 10:30a.m. – 12:00p.m.
Ojai 1986

**CI Counseling and Health Services Presents: Helping Students of Concern:
How to Recognize and Refer**

National trends reflect an increasing number of students in crisis who need a higher level of intervention from campus faculty, staff, and administrators. These situations can be stressful for everyone involved. As a foundation to our culture of care and safety for our community, CI is committed to an interdisciplinary and team approach. By the end of this presentation participants may be able to:

- 1) Recognize the warning signs of distress in students that are a cause for concern;
- 2) Identify campus resources for distressed students and know how to refer them; and
- 3) Increase knowledge of resources available to faculty and staff to assist them in coping with the stress associated with helping students in crisis.

We appreciate your RSVP 5 days prior to session:
https://csuci.qualtrics.com/SE/?SID=SV_dosKbrUaBVoLTKZ

Questions? Contact: wendy.olson@csuci.edu