



JOIN OUR SPRING WORKSHOP SERIES

SPONSORED BY CI'S PROFESSIONAL DEVELOPMENT PROGRAM

Thursday, February 4 – 9:00a.m. – 11:00a.m.

Sage Hall 2030

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.

** Will have similar elements to fall workshop with additional time for activities.*

Tuesday, February 9 – 9:00a.m. - 10:00a.m.

Sage Hall 2030

Optum Health Presents: *Stress and Life Balance*

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

Revised- Thursday, February 18 – 9:00a.m. - 10:30a.m.

Sage Hall 2030

CI Counseling & 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. **Note: Repeat of Fall Series Course*

We appreciate your RSVP 5 days prior to session:

https://csuci.qualtrics.com/SE/?SID=SV_erEbbkunSj65CJf



IMPORTANT HR BENEFITS ANNOUNCEMENT:
Tuesday, February 23, Malibu Hall
10:00a.m. – 12:00p.m. OR 1:30p.m. - 3:30p.m.

HR Benefits & Chancellor Office Presents:
Understanding Your TSA Plan & Your Plan Options

*****Get Ready To Make The Move To Fidelity Investments Effective April 1, 2016***

We are thrilled to share with you that beginning April 1, 2016, Fidelity Investments will be the sole service provider for the California State University (CSU) Tax Sheltered Annuity Plan (TSA).

MetLife, TIAA-CREF, VALIC and Voya will no longer be active vendors for the CSU TSA. Contributions will no longer be sent to these vendors. This in-person transition workshop will include Aon Hewitt, Fidelity, the Chancellor's Office HRM representatives and campus HR representatives. Workshops will be available to both active and retiree populations. ***No RSVP required to attend.**

**One-on-one individual consultations with Fidelity will be available beginning in April.*

*****NEW- SPRING MONTHLY SERIES:***

Mindfulness Mondays:

February 1, March 7, April 4 and May 2, 4:00p.m. – 5:00p.m., Lindero 1776. Facilitated by Dr. Kirsten Olson, Counseling and Health Services, these sessions will bring mindful awareness to our thoughts, feelings, and physical sensations which can be helpful for coping with the stresses of life. ***No rsvp is necessary.**



Lunch and Learn Series
Supervising Student Employees: Building a Foundation

February 16, 12:00p.m. - 1:00p.m., Lindero 1776. Bring your lunch and collaborate with campus-wide supervisors regarding student employee orientation, policies, payroll paperwork and a host of other topics during these informative and collaborative sessions. ****This will be a continuous series once per month throughout the spring semester.***

Please rsvp so we can make sure seating is available:

https://csuci.qualtrics.com/SE/?SID=SV_erEbbkunSj65CJf



***CI's Professional Development Program Invites You To:
JOIN THE FUN WITH WEEKLY STAFF WELLNESS ACTIVITIES***

Yoga Fridays: El Dorado Hall, 7:15a.m. - 8:20a.m. Leap into February, 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 Campus Recreation.

*No RSVP necessary.

STAFF ZUMBA: CI Rec Center GYM, 5:15p.m.-6:15p.m., Tuesdays and Thursdays. Concentrate on Heart Health for February and dance along with great tunes and wonderful colleagues. Taught by licensed instructor, Louise Siefert in sponsorship with CI Campus Recreation. * No RSVP necessary

Questions? Contact: Wendy Olson, Professional Development Specialist
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