



TIME TO LEARN

Get warmed up!

ATTEND OUR MAY WORKSHOPS SPONSORED BY
CI'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

Thursday, May 4th
10am-11:30am in SAGE 2030

Managing Stress for Success

Presented by Ellen Contente, Optum, Inc.

In this program, participants are provided with a brief overview of stress basics as well as practical suggestions for coping with stressful situations, especially as they occur in the workplace. The concept of stress hardiness is addressed as a focus for healthy stress management. The program provides tools that help reduce levels of employee stress and help better understand personal and organizational aspects of stress.

Tuesday, May 9th
10:30am-Noon in SAGE 2030

Tech Talks Series: Phishing with Fisch

Facilitated by Neal Fisch, Information Security Officer

Join Neal Fisch, CI's Information Security Officer, in an informative series of cybersecurity tech talks. Don't get reeled in by those shiny linking lures; you need to be aware of the multiple security issues that can arise when using technology. These presentations are group discussions focused on email phishing, social engineering and what you can do to help safeguard getting hooked! Employees who work with staff and/or student data are highly encouraged to attend.

Thursday, May 11th
10am-11:30am in SAGE 2030

Organizing Your Office Using Feng Shui

Presented by Pamela Abbott-Mouchou, Owner of Serendipity Consulting

Heard about the art of Feng Shui but didn't quite understand what it meant or how to use it. Well, in this workshop session you will receive an overview of Feng Shui and apply the principles of Feng Shui to your work space and other spaces and learn how to achieve your goals using these principles.

Join our Free Wellness Activities...

JOIN WITH COLLEAGUES AND WORK OUT YOUR MIND AND BODY

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Monday, May 1st
4-4:55pm in LINDERO 1776

Monthly Mindfulness Monday

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.**

Mindfulness Mondays are co-sponsored with the Wellness and Athletics area.

Fridays in El Dorado Hall
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. **No RSVP necessary.**

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

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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