



JOIN OUR SPRING WORKSHOP SERIES

SPONSORED BY CI'S PROFESSIONAL DEVELOPMENT PROGRAM

**Thursday, January 28 – 9:00a.m. – 11:00a.m.
El Dorado Hall 140**

Dr. Cynthia King Presents: *Co-Creating and Maintaining a Truly Collaborative Work Environment: What does it take?*

*(*All are invited but particularly appropriate for Managers/Leads)*

Have you ever been part of a group called a "team," but it didn't seem to be any different than any other group? Have you wondered what it would take to have an experience of authentic, respectful collaboration? This session will focus on how a true team is different from a group, and will identify the elements and key conversations that are needed in order to create and maintain authentic collaboration. Exercises and materials will be included for taking the specific steps needed to co-create a collaborative team.

We appreciate your RSVP 5 days prior to session:

https://csuci.qualtrics.com/SE/?SID=SV_bpZS18GiMMBSx9j

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 bottle of water. 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 certified instructor, Louise Siefert in sponsorship with CI Campus Recreation. * No RSVP necessary

Questions? Contact: Wendy Olson, Professional Development Specialist
wendy.olson@csuci.edu or ext 8553



PROFESSIONAL DEVELOPMENT SPRING SERIES PRESENTS:

MINDFULNESS MONDAYS!

- Please join us for the new monthly "Mindfulness Mondays" meetings specifically scheduled for faculty and staff!
- *Mindfulness means paying attention in a particular way - on purpose, in the present moment, and non-judgmentally.*
- **Bringing mindful awareness to our thoughts, feelings, and physical sensations can be helpful for coping with the stresses of life.**
- During these 60-minute meetings, participants will have the opportunity to learn and practice a variety of mindfulness

Persons who, because of a special need or condition, would like to request an accommodation should contact Disability Resource Programs at (805) 437-3331 or email accommodations@csuci.edu as soon as possible, but no later than five business days before the event, so that appropriate arrangements can be made.

When is it?

First Monday of the
Month – 4 – 5 p.m.

2/1/16

3/7/16

4/4/16

5/2/16

Who can participate?

All faculty & staff are
welcome!

Where is it?
Lindero Hall 1776

Who facilitates it?

Kirsten Olson, Ph.D.
Director of
Counseling & Health Services
License Number:
PSY23461

For more information:
<http://www.csuci.edu/hr/training.htm>

Please contact:
Wendy Olson
Professional Development Specialist
wendy.olson@csuci.edu



We look forward to
spending time with
you!