

Staff Appreciation Month

Schedule of Learning Sessions (March 2018)

Registering is easy! Sign up for any of the following sessions using mylearning.unt.edu

Step 1: Once logged in use “Find Learning” or click on the Compass icon (top right corner) and select “Learning Home”.

Step 2: Select “Find Learning” or “Search for Learning” and search/filter as needed (Tip: filter by the Category “Staff Appreciation”).

Step 3: Click the “Enroll” button to register for the desired session(s).

	When	Title	Where
March 1	12:00 PM – 1:30 PM	Conquering the Fear of Failure	Willis 140 The Forum
At one point in time or another, we have all experienced the fear of failing. Failure can be paralyzing. It can cause us to take inaction and prevent use from moving forward. In this session we will examine what are the underlying causes of the fear of failure and strategies for overcoming it, in order to enjoy true success in work, and in life. Presented by UNT’s Employee Assistance Program (Alliance Work Partners).			
March 2	11:00 AM – 12:00 PM	Benefits of the EAP	Willis 136
This session will detail the benefits and services offered through our Employee Assistance Program (EAP). Program benefits are offered to all UNT employees, household members, and dependents. Services include confidential problem assessment, counseling (up to 6 sessions per personal situation, per year) and referrals. Our EAP also has a robust website with a wide array of web-based training, assessments, articles, tips, and resources; including access to a law library and financial calculators. Presented by Amanda Fisher of Talent Management.			
March 5	12:00 PM – 1:00 PM	Learn to be a Pro at Phonotography!	Willis 140 The Forum
Whether it be for your selfies, food, or family photos... please join us in this session to learn some expert tips and advice for taking pictures with your iPhone (or any smart phone). Depending on the weather, we may even get a chance to take what we have learned outside and practice! Presented by Gary Payne of URCM Photo and Video.			
March 06	12:00 PM – 1:00 PM	Benefits Overview	Sycamore 119 HR Training
Join the benefits team for a refresher session on current plan offerings. This session will provide detailed information on our various coverage options including; health, dental, vision, disability plans, life insurance, and the premium rates.			
March 07	12:00 PM – 1:00 PM	Retirement Planning	Sycamore 119 HR Training
Join the benefits team and learn the basics steps for retiring from UNT. This session will cover the retirement eligibility requirements for both TRS and ORP participants, retiree insurance and how it interacts with Medicare, the suggested timelines, and much more. This session is ideal for employees who are 1-3 years away from retirement.			
March 08	12:00 PM – 1:00 PM	Spring Cleaning Your Personal Finances	Willis 140 The Forum
Heading into spring is great time to take a look at your financial life. With tax season, and summer vacation on the horizon, learn how to make your budget work for you. This session will help attendees discover how to create long lasting financial habits that will help them achieve their financial goals. Whether you are planning your dream vacation, or want to save more for retirement this workshop will help you dust off your bank account and make your money shine.			

March 9	9:00 AM – 10:00 AM	Understanding, Measuring, and Creating Engagement	Sycamore 119 HR Training
Explore the topic of employee engagement and gain a deeper understanding of the concept and what it means for you, your team and the organization. The session will also examine how we measure engagement, with a focus on how the Gallup Q12™ provides a realistic framework to help us create a best place for all. Presented by Amanda Fisher of Talent Management.			
March 9	12:00 PM – 1:30 PM	Project Management	Willis 140 The Forum
Your professional challenges will evolve with your career. As the stakes rise, you'll need to be able to organize an all-hands-on deck atmosphere that connects people, time, and resources to meet goals. As an introduction to project management, learn to take advantage of collaborating with your coworkers and honing your leadership skills. Presented by UNT's Employee Assistance Program (Alliance Work Partners).			
March 13	10:00 AM – 11:00 AM	Learn a New Skill Using Lynda.com	ESSC 152
Do you love to learn? UNT offers a wonderful opportunity to all staff, faculty and students to use Lynda.com on your desktop and/or personal computer, or mobile devices. This leading online learning platform offers opportunities for you to learn new business, technology and creative skills to assist with reaching your personal and professional goals. Come spend some time searching for information on new skills and preview over 5,000 video tutorials. You will need to bring personal headphones or ear buds to this session in order to hear the videos. Presented by Lynda.com Staff Administrator at UNT & Learning System Manager, Suzanne Gravois, from HR Talent Management.			
March 14	12:00 PM – 1:00 PM	Fitness 101: Tips and Tricks to a Healthy Self	Willis 250H
It seems like everyone today is working more hours and using the old "no time to work out" excuse. No more excuses! Join us to learn some tips and tricks to help you get moving, feel better, and be healthier. Presented by Wendy Comfort of Recreational Sports.			
March 15	12:00 PM – 1:00 PM	Introduction to Silhouette and Cricut Cutting Machines	BLB 290 Dean's Board Rm
Have you heard about all of the wonderful things that you can create using a cutting machine? If you have ever been curious about these machines or their process then this is the class for you! This session will provide the learner with an introduction of what can be made as well as give a basic demonstration of these machines and their software. Projects can include vinyl, cardstock/paper, heat transfers, stencils for making wood signs, and much more. This session will also have the learner make a simple project to take home! Taught by Brandi Everett, Cheryl McQueen, and Blair Smith of the College of Business Dean's Office.			
March 16	12:00 PM – 1:00 PM	Beginner's Hip-Hop	Crumley 181 A Lg Conference Rm
Join a high-energy session that features a chance to learn choreography to rap, hip-hop, and pop music. Participants will learn upbeat urban moves that infuse with the latest styles of street hip-hop and jazz. Please wear athletic shoes and comfortable clothing for this session. Presented by Paula Bearden of Talent Management.			
March 19	12:00 PM – 1:00 PM	Meditation: the Science and Practice of Changing Your Brain	Willis 140 The Forum
Mindful Meditation, it is often misunderstood but is actually very simple and easy. The science behind the practice is amazing. The first half of session is learning about the process of meditation and the second half will be a guided meditation with the group. Presented by Timothy Trail of the Substance Abuse Resource Center.			

March 20	1:00 PM – 2:00 PM	Finding Happy: The Science of Happiness	Chestnut 311
Are you interested in actively increasing the level of joy you experience each day? Join the Director of Counseling and Testing Services, Tamara Grosz, Ph.D. on March 20 th , the International Day of Happiness, to learn some simple happiness strategies!			
March 21	12:00 PM – 1:00 PM	Responding to an Active Shooter	Willis 250H
Do you know what you would do if you suddenly found yourself in an Active Shooter incident? In this session the UNT Police Department will cover what responses and consideration you should think about in order to increase your chances of survival. Specifically they will be covering the concept of “Run, Hide, Fight”, what to expect from responding police officers, ways to stop bleeding, statistical data, and prevention options. Presented by Corporal Kevin Crawford.			
March 22	10:00 AM - 12:00 PM	Owning Your Own Engagement	Willis 443
Engagement is the key ingredient to overall well-being and long-term success in the workplace. Highly engaged employees are emotionally committed to their organization’s goals and “go the extra mile”. In this session, we will explore the concept of being responsible for one’s own level of engagement and begin to understand what having a psychological and emotional connection to your job truly means. Presented by Amanda Fisher of Talent Management.			
March 22	12:30 PM - 1:30 PM	Stress Management	Chestnut 324
Stressful events and ideas are around us every day. Learn what you can do on a daily and weekly basis to manage stress. Participants will learn elements of mental health hygiene, and relaxation exercises. Presented by Arlene Rivero Carr, Ph.D. of Counseling and Testing Services.			
March 23	12:00 PM – 1:00 PM	Hula Lesson	Crumley 181 A Lg Conference Rm
Take a moment to join Shaureece Park, Senior HR Manager with UNT System Human Resources, for a quick lesson on the ancient art form of Hula and focus on you and your health. Hula is an age-old Hawaiian dance form. It requires little skill, just the ability to wiggle your hips and enjoy ukulele music. It takes no prior experience, just a desire to learn. And, as many Hollywood luminaries have discovered, Hula provides a terrific aerobic workout!			
March 26	10:00 AM - 11:00 AM	Creating Personal Training Plans	ESSC 152
Come to this session to learn how to create personal learning plans for yourself or your team. There are many classroom-based learning opportunities available in the Learning Portal and on Lynda.com. Get started here by taking advantage of many opportunities at work to learn and grow. Help to create an enjoyable environment that will help us become a Best Place to Work. This session is led by Suzanne Gravois, Lynda.com Staff Administrator at UNT & Learning System Manager from HR Talent Management.			
March 26	12:00 PM - 1:00 PM	Recipe Revamp	Chestnut 324
Bring your favorite recipe for a recipe revamp! Learn about ingredient upgrades and swaps to improve health without sacrificing flavor. You will also get some new healthy recipes to try at home. Presented by Danielle Gemoets, MS, RD, LD of the Student Health and Wellness Center.			
March 27	12:00 PM – 1:00 PM	The Basics of Glass Etching	BLB 290 Dean’s Board Rm
Have you ever wanted to create beautiful glass etched items? If so, then this class is for you! Glass etching is an amazingly simple technique and very fun. It requires only a few materials to create lovely one of a kind pieces. You will complete one project during this session. Come and join the fun, and don’t worry... you don’t have to be a “crafty” person in order to attend! Presented by Cheryl McQueen of the College of Business Dean’s Office.			

March 29	12:15 PM - 1:15 PM	A Contemporary Take on Qi Gong; Experiencing Movement	Crumley 181 A Lg Conference Rm
<p>This session will give an overview of the basics and structure of Qi Gong and give participants a chance to experience some of the practice's movements. You will learn how to calm the mind, focus on the moment, reduce stress, increase energy, and improve your range of motion through a mindful movement-based exercise. Individuals experiencing limited movement or balance difficulties are welcome to attend as well! Please wear comfortable and moveable clothing. Presented by Timothy Trail of the Substance Abuse Resource Center.</p>			

Rec Sports Offerings

When		Enrollment	Title	Where
March 05 March 07 March 14	12:15 PM – 12:45 PM	Not Required	Free Group Exercise Class: Sweatshop	Group Exercise Room A Rec Center
<p>Offered by Rec Sports, this class is a nonstop, powerhouse workout guaranteed to burn calories and get your heart pumping. Participants will alternate between functional strength training and high intensity cardio intervals. Access to the Rec Center will be free for faculty and staff from March 5-9 & March 13-16 (just bring your UNT ID). Please note: Half price Rec Center memberships start March 19th!</p>				
March 06 March 13	12:15 PM – 12:45 PM	Not Required	Free Group Exercise Class: Cycle	Group Exercise Room B Rec Center
<p>Offered by Rec Sports, this high intensity, low impact stationary cycle class, offers cardio challenges and hills. Access to the Rec Center will be free for faculty and staff from March 5-9 & March 13-16 (just bring your UNT ID). Please note: Half price Rec Center memberships start March 19th!</p>				
March 08 March 15	12:15 PM – 12:45 PM	Not Required	Free Group Exercise Class: Step Express	Group Exercise Room A Rec Center
<p>Offered by Rec Sports, this express class offers a quick and effective choreographed step routine! Access to the Rec Center will be free for faculty and staff from March 5-9 & March 13-16 (just bring your UNT ID). Please note: Half price Rec Center memberships start March 19th!</p>				
March 09 March 16	12:15 PM – 12:45 PM	Not Required	Free Group Exercise Class: T-30	Group Exercise Room A Rec Center
<p>Offered by Rec Sports, this class is a fast paced, total body tabata workout to build endurance and strength. Access to the Rec Center will be free for faculty and staff from March 5-9 & March 13-16 (just bring your UNT ID). Please note: Half price Rec Center memberships start March 19th!</p>				

Questions?

Email TalentManagement@untsystem.edu with the subject line "Staff Appreciation Month"

If you are interested in volunteering to teach a learning session in March of 2019, please e-mail us!

Special thanks to the UNT Libraries and to our volunteers!