TSU Staff Council Presents: Staff Development & Wellness Day Friday, May 22, 2015

8:00-8:30am -- Check-In to pick up schedule and door prize tickets!!—Nursing Building Foyer
Door prizes will be drawn at the lunch & closing session *You must be present to collect prizes at either session.*

8:35-8:55am Opening Session—Welcome—Nursing 107

9:00am Sessions:
A. “Change Management”—The mission of this training is to help you as a manager help your team become change agents who not only embrace change but who create an urgency in leading change. – Philip Hatfield, Professional Speaker That A Girl & Friends - Nursing 107
B. “Recognizing & Responding to Students in Distress”- Dr. Leigh Baker, Professional Counselor – Student Counseling Center– Nursing 108

10:00am Sessions:
A. “Presentation Skills” – Providing you with proven presentation skills that you can immediately use to engage your listeners—whether you are giving a sales talk, introducing a new product, pitching business, speaking to investors or contributors or presenting to a large crowd. – Philip Hatfield, Professional Speaker - That A Girl & Friends – Nursing 107
B. Employee Assistant Program Orientation –Overview of the services offered at TSU. - Deer Oaks EAP Services, LLC – Nursing 108
C. *Zen Zone is open for massages.—Nursing 204 & 206

11:00am Sessions:
A. “Dealing with Stress at Work”- Providing real-life scenarios and role-playing activities to increase coping skills and manage stress among corporate employees and business owners. — Tina Slinker, Professional Speaker - That A Girl & Friends—Nursing 109
B. “Emotional Intelligence” –Victoria Low, Professional Speaker - That A Girl & Friends – Nursing 108
C. *Zen Zone is open for massages.—Nursing 204 & 206

12:00pm to 12:55pm—Nursing Building 107
A. Lunch- Steak Lunch provided by HamBone Catering—Nursing 107
B. There will be door prize drawing at lunch.....*you must be present to collect prizes*

1:00pm Sessions
C. “Recognizing & Responding to Students in Distress”— Dr. Leigh Baker, Professional Counselor – Student Counseling Center – Nursing 108
D. *Zen Zone is open for massages.—Nursing 204 & 206

2:00pm Sessions
A. Employee Assistant Program Orientation –Overview of the services offered at TSU. Deer Oaks EAP Services, LLC – Nursing 107
B. “Achieving your Career Goals”– Are you on track to achieve your goals? This session will help you personally assess where you are, determine where you want to be, and introduce tools to help you achieve your goals. This hands-on session will provide you methods to work privately to develop the plan to accomplish your goals. --Larry Smith, Training and Development Consultant-- Nursing 108
C. *Zen Zone is open for massages.—Nursing 204 & 206

3:00pm Closing Session —Nursing 107
Door prize drawings/Closing comments—*you must be present to collect prizes*

*Zen Zone sessions 10am to 12pm & 1pm to 3pm *--Nursing 204 & 206 This entails chair massages … Come enjoy and relax!!

Attend Room 108’s sessions virtually through Zoom beginning with the 9 a.m. session!
Join from PC, Mac, iOS or Android: https://zoom.us/j/905464960

TARLETON STATE UNIVERSITY
Staff Council

Phone: 254-968-9611 — Email: staffcouncil@tarleton.edu — URL: http://www.tarleton.edu/staffcouncil/index.html