

MORNING KEYNOTE SESSION

Fierce Evolution: Transforming from Fear into Focus

Carolyn Colleen

Fierce mother of 3, Author, international speaker, Life & Business Strategist Founder of Fierce Academy. Carolyn's life story is one of personal and professional transformation. From standing in a food line at the Salvation Army, to PhD, Carolyn's life purpose is to provide hope and inspire people to move from fear into focus.

The first 150 people to check in will receive a copy of Carolyn's book, F.I.E.R.C.E.

BREAKOUT SESSIONS

Bullet Journaling 101

Hanah Diebold | Carleton College (Former Angell Hall Director/UWL)

Bullet journaling is a wonderful way to help organize your life, manage time, and keep track of what matters to you. Attend this session to learn the ins and outs of bullet journaling.

Campus Safety: C.A.R.E. & Active Threat

Christopher Schuster, Campus Police Detective

A citizens response to an active threat and how it relates in your day to day life both on and off campus. We will also offer insight on the multidisciplinary approach the UWL campus utilizes to assess situations before they become a more serious event. Upon completion of the session, the attendee will walk away with a better understanding of what to do in the event of an active threat situation and what UWL is doing to have a finger on the pulse of our campus community.

Campus Tours

Admissions Office

New to campus or just haven't had a chance to see the rest of campus, why not take a walking tour with our admissions office.

Chair Yoga

Cheri Haug

Join Cheri Haug for her fun and sometimes irreverent take on yoga. This chair yoga class has something to offer for both beginners and advanced yogis.

Civility in the Workplace: Learning to Get Along

Peter Scheller, FEI Behavioral Health (State of WI EAP Provider)

From religion to politics, diverse opinions and attitudes often find their way into the workplace—and sometimes have a polarizing effect. Learn to recognize the differences that exist between individuals, explore the issue of implicit bias, and discover strategies for creating a productive work environment that appreciates diversity while still allowing freedom of expression.

Communication is Complex: How Your Communicator Style Can Enhance and Complicate Your Relationship with Others

Scott Dickmeyer, Associate Professor, Communication Studies/UWL

In this highly interactive session, you will identify your personal communication style, be introduced to other styles and learn how communication can be enhanced by understanding your style and adapting to other styles.

Do I really need a will? Or Should I have a trust?

Tony Gingrasso, Johns, Flaherty & Collins, S.C

Learn the basics of estate planning - what do we need and when do we need it! Topics to be discussed will include I. Lifetime Planning: Documents people should consider to handle matters during their life. II. Last Will and Testament: Typical Will provisions, requirements for a valid will, distribution of assets when there is no Will; III. Automatic/Direct Transfers: Ways to set up automatic transfers of assets upon death, including trusts and beneficiary designations, etc.; IV. Death Taxes: Exemption limits and other considerations.

Fat is a Social Justice Issue, Too

Dr. Laurie Cooper-Stoll, Associate Professor, Sociology Dept/UWL

Like other historically marginalized groups, fat people experience discrimination in employment, education and especially healthcare. Learn a brief history, discuss why fat is a social justice too, and offer some strategies for engaging in fat activism.

Finding Happiness

Hanah Diebold | Carleton College (Former Angell Hall Director/UWL)

In our fast-paced world today, it's sometimes easy to lose site of what makes us truly happy. Attend this session to learn various ways to help increase your happiness - from time management to meditation and gratitude.

Health Care When You Need It Fast

Tara Pray & Molly Heisterkamp | State of WI Employee Trust Funds

This presentation will help employees know what their options are when they need quick care – whether at home or while travelling. You will learn what your options are to avoid the urgent care or emergency room waiting rooms, and the higher costs that will hit your pocket. You will be ready the next time the unexpected happens!

Mental Health 101: Recognizing and responding to signs of distress

Gretchen Reinders, UWL Counseling and Testing

Are you wanting to better understand the current mental health needs of UWL students? To learn how to best support them in your given role? This workshop provides you with the opportunity to gain insight into recognizing signs of distress and to learn basic ways to intervene and successfully refer individuals to resources. The workshop will also explore how these concepts are similar and different between the student population and non-students.

RISE UP: Learn About the Movement

AJ Clauss, Amanda Goodenough and Matt Evensen, UWL Campus Climate and Residence Life

Come learn about a new professional development opportunity for UWL faculty and staff called, RISE UP (Racial (& Intersecting) Identity Symposium for Equitable University Progress). In this session, you can learn more details about the upcoming opportunity, along with experience some of the activities offered during the week-long symposium. If you are interested in racial justice and finding more ways to support students of color, this session will start the process for you.