

Employee Enrichment Day

Wednesday, July 24, 2019

Centennial Hall & Student Union

NOTE: schedule is subject to change

Revised: 7.19.19

Time	Session	Room
8-8:30 a.m.	Check-in Networking Refreshments	Outside Hall of Nations
8:30-9:30 a.m.	Fierce Evolution: Transforming from Fear into Focus - Carolyn Colleen	1309 Centennial Hall
9:30-9:40 a.m.	Break	(Centennial Hall)
9:40-10:40 a.m.	Breakout session I	Centennial Hall, 1st floor
	Mental Health 101: Recognizing and responding to signs of distress - Gretchen Reinders, Director of UWL Counseling and Testing	1303
	Chair Yoga - Cheri Haug, Certified Yoga Instructor	Hall of Nations
	Campus Safety: C.A.R.E. & Active Threat - Christopher Schuster, Campus Police Detective	1403
	Bullet Journaling 101 - Hanah M. Diebold, Carleton College (Former Angell Hall Director/UWL)	1401
	RISE UP: Learn About the Movement - AJ Clauss, Amanda Goodenough and Matt Evensen, Campus Climate and Residence Life/UWL	1404
	Do I really need a will? Or Should I have a trust? *added 7.9.19* - Tony Gingrasso, Attorney at Johns, Flaherty & Collins, S.C	1309
	Campus Tour (starting outside Hall of Nations)	Start outside of Hall of Nations
10:40-10:50 a.m.	Break	(Centennial Hall)
10:50-11:50 a.m.	Breakout session II	Centennial Hall, 1st floor
	Communication is Complex: How your Communicator Style Can Enhance and Complicate Your Relationship with Others - Scott Dickmeyer, Associate Professor, Communication Studies/UWL	1309
	Health Care When You Need It Fast - Molly Heisterkamp, Disease Management & Wellness Program Manager and Tara Pray, Office of Strategic Health Policy for the State of Wisconsin Department of Employee Trust Funds (ETF) Wisconsin	1404
	Civility in the Workplace: Learning to Get Along - Peter Scheller, FEI Behavioral Health (State of WI EAP Provider)	1401
	Finding Happiness - Hanah M. Diebold, Carleton College (former Angell Hall Director/UWL)	1403
	Fat is a Social Justice Issue, Too - Dr. Laurie Cooper-Stoll, Associate Professor, Sociology Dept/UWL	1303
12-1:00 p.m.	Lunch / Networking	Student Union, Miller Bluff
1:15 - 1:45 p.m.	Optional Team Building/Networking Event	Student Union, Miller Bluff