

Date	Time	Course Title	Location	Presenter
FALL 2019				
August 22, 2019	3:30 - 5:00 pm	Run, Hide, Fight Come learn the actions you should take if you ever find yourself in an active shooter situation.	UC110	Joe Cerruto
August 27, 2019	3:30 - 5:00 pm	Essential Oils Learn more about natural oils and what they can do for you.	UC110	Donette Johnson
August 29, 2019	3:30 - 5:00 pm	Mission, Vision & Understanding the Why Come learn more from Sr. Linda about the Whys behind our mission and vision and how that guides our work at MMU.	UC110	Sr. Linda Bechen
September 4, 2019	3:00 - 5:00 pm	Colors Training Understanding personality types is the key to effective communication, relationships, and positive work environments. Come learn what color you are.	UC110	Nate Klein
September 5, 2019	3:30 - 4:30 pm	Increase Your Investing IQ Do you have an understanding about your retirement investment options? Learn about your deferral percentage and deferral options including the deferring into the Roth 401(K).	UC110	Kirk Sadilek (Principal Fin)
September 12, 2019	3:30 - 5:00 pm	Title IX & the Investigative Process Title IX is a hot topic across higher education as colleges and universities find themselves in the middle of the #metoo movement. Join us to learn about Mount Mercy's policies and practices around Title IX.	UC110	Jeremiah Fields
September 17, 2019	3:30 - 4:30 pm	Basic Meditation Meditation has many benefits including reduced stress, improved concentration, and increased self-awareness. Come learn how you can incorporate it into your life.	Lundy Fitness	Karol White
September 19, 2019	2:30 - 4:30 pm	The Art of Active Listening & Communication Participants will learn to identify barriers to effective communication, explore their personal communication style and learn to apply five key principles of more effective interaction.	UC110	EFR - Tom Farley

September 24, 2019	3:30 - 5:00 pm	MS Office 365 Overview Come learn how to maximize your use of Office 365.	Busse Computer Lab	Vicki Emanuel
September 26, 2019	3:30 - 5:00 pm	Diversity Learn to identify cultural barriers, aid in understanding and valuing cultural diversity, and how feelings of prejudice develop.	UC110	Keesha Burke-Henderson
October 1, 2019	3:30 - 4:30 pm	Understanding Annuities as a Retirement Tool Annuities have become an increasing popular money tool. Come learn the ins and outs of annuities and find out if they are right for	UC110	Rob Rittenhouse
October 3, 2019	3:00 - 4:30 pm	Flaming Coffees Show off to your friends! Join us for a demonstration on how to make 2-3 varieties of Flaming Coffees.	Penthouse	Aramark
October 10, 2019	3:30 - 5:00 pm	Understanding HLC Accreditation Come learn the ins and outs of HLC Accreditation.	UC110	Tim Laurent
October 15, 2019	3:30 - 5:00 pm	MS Office 365 OneDrive Come learn about MS Office OneDrive which allows users to simultaneously edit office documents, documents in browsers and share folders.	Busse Computer Lab	Vicki Emanuel
October 23, 2019	3:30 - 5:00 pm	Advocacy Training Have you ever had a student approach you about an incident of sexual assault, domestic/dating violence, or stalking and not known what to do? How do you react? Come learn what to do.	UC110	Jeremiah Fields
October 24, 2019	3:30 - 4:30 pm	Basic Meditation Meditation has many benefits including reduced stress, improved concentration, and increased self-awareness. Come learn how you can incorporate it into your life.	Lundy Fitness	Karol White
October 29, 2019	3:30 - 4:30 pm	Fire Extinguisher Training Come learn how to properly use fire extinguishers.	UC110	CRFD
October 30, 2019	3:30 - 5:00 pm	Sustainability at the Table Learn what a carbon footprint is and how our diet contributes to it. We will also talk about sustainably-source foods, labels, and try some delicious recipes.	UC110	Rachel Murtaugh

November 5, 2019	3:30-5:00	The Art of Story-Telling; How to Talk About the Story of MMU How to talk to prospective students, community members or others about Mount Mercy University.	UC110	Nic Hartmann
November 7, 2019	2:30 - 4:30 pm	Multigenerations in the Workplace Learn how understanding the unique experiences and viewpoints of multiple generations can shape your business environment.	UC110	EFR - Tom Farley
November 12, 2019	3:30 - 5:00 pm	Green Options for Home & Wallet People talk about "going green", but changing habits and finding a starting point can be overwhelming. We've got your starting point. Come learn simple ways you to "go green".	UC110	Rachel Murtaugh
November 14, 2019	3:00 - 4:30 pm	Soups Galore Come try some new soup recipes and share some of your own favorites.	Penthouse	C Albaugh/L Olson
November 19, 2019	3:30 - 5:00 pm	MS 365 Forms & Flow Learn how to create and automate workflows and tasks across multiple applications and services.	Busse Computer Lab	Vicki Emanuel
November 21, 2019	3:30 - 4:30 pm	Basic Meditation Meditation has many benefits including reduced stress, improved concentration, and increased self-awareness. Come learn how you can incorporate it into your life.	Lundy Fitness	Karol White
December 3, 2019	3:30 - 4:30 pm	Retirement Income Planning Whether you are years from retiring or approaching retirement, the best way to improve your income outcome is to have a plan. Take this an opportunity to learn about planning ideas that will better shape your future.	UC110	Kirk Sadilek (Principal Fin)
December 5, 2019	3:30 - 5:00 pm	MS SharePoint List & Document Libraries Learn new flexible ways to organize your data.	Busse Computer Lab	Vicki Emanuel

December 17, 2019	3:30 - 4:30 pm	Basic Meditation Meditation has many benefits including reduced stress, improved concentration, and increased self-awareness. Come learn how you can incorporate it into your life.	Lundy Fitness	Karol White
December 18, 2019	3:30 - 4:30 pm	Move to Green - Know Your Investment Score Are you on track with your savings for retirement? Learn how to use the Principal Retirement Wellness tool.	UC110	Kirk Sadilek (Principal Fin)

Date	Time	Course Title		Presenter
SPRING 2020				
January 9, 2020	3:30 - 5:00 pm	Advocacy Training Have you ever had a student approach you about an incident of sexual assault, domestic/dating violence, or stalking and not known what to do? How do you react? Come learn what to do.	UC110	Jeremiah Fields
January 14, 2020	3:30 - 4:30 pm	Sugar Talk Learn tips about kicking the sugar habit without giving up sweetness and leave with healthy recipes.	UC110	Alina Warner
January 16, 2020	2:30 - 4:30 pm	Effective Leadership & Communication This session offers participants an opportunity to reflect on their own leadership behavior, identify strengths and areas for growth, and learn practical communication skills they can apply.	UC110	EFR - Tom Farley
January 21, 2020	3:30-5:00	The Art of Story-Telling; How to Talk About the Story of MMU What to be able to talk to prospective students, community members or others about Mount Mercy University. Please come to this session to learn more.	UC110	Nic Hartmann
January 23, 2020	3:30 - 5:00 pm	Run, Hide, Fight Come learn the actions you should take if you ever find yourself in an active shooter situation.	UC110	Joe Cerruto

January 30, 2020	3:30 - 5:00 pm	Title IX & the Investigative Process Title IX is a hot topic across higher education as colleges and universities find themselves in the middle of the #metoo movement. Join us to learn about Mount Mercy's policies and practices around Title IX.	UC110	Jeremiah Fields
February 4, 2020	3:00 - 5:00 pm	Colors Training Understanding personality types is the key to effective communication, relationships, and positive work environments. Come learn what color you are.	UC110	Nate Klein
February 6, 2020	3:00 - 4:30 pm	Tapas Tapas originated in Spain as appetizers or snacks served with drinks. Now you can find tapas on menus everywhere. Come learn more about these fun foods!	Penthouse	Aramark
February 13, 2020	3:30 - 5:00 pm	Mission, Vision & Understanding the Why Come learn more from Sr. Linda about the Whys behind our mission and vision and how that guides our work at MMU.	UC110	Sr. Linda Bechen
February 19, 2020	3:30 - 5:00 pm	MS Office 365 Overview Come learn how to maximize your use of Office 365.	Busse Computer Lab	Vicki Emanuel
February 20, 2020	3:30 - 4:30 pm	Basic Meditation Meditation has many benefits including reduced stress, improved concentration, and increased self-awareness. Come learn how you can incorporate it into your life.	Lundy Fitness	Karol White
February 25, 2020	3:30 - 4:30 pm	Simple Meal Planning for Busy People Learn to prepare balanced meals with ingredients that support healthy living and still use your favorite staple foods.	UC110	Alina Warner
February 27, 2020	3:30 - 5:00 pm	Conflict Resolution Techniques Learn methods and processes involved in facilitating the peaceful ending of a difference of opinion or conflict.	UC110	Keesha Burke-Henderson
March 5, 2020	3:30 - 5:00 pm	Value-Based Leadership Learn how to motivate employees by connecting organizational goals to employees' personal values.	UC110	Tim Laurent

March 10, 2020	3:30 - 4:30 pm	Understanding Annuities as a Retirement Tool Annuities have become an increasing popular money tool. Come learn the ins and outs of annuities and find out if they are right for you.	UC110	Rob Rittenhouse
March 12, 2020	3:30 - 5:00 pm	MS 365 Forms & Flow Learn how to create and automate workflows and tasks across multiple applications and services.	Busse Computer Lab	Vicki Emanuel
March 24, 2020	3:30 - 5:00 pm	MS SharePoint List & Document Libraries Learn new flexible ways to organize your data.	Busse Computer Lab	Vicki Emanuel
March 26, 2020	3:30 - 4:30 pm	Move to Green - Know Your Investment Score Are you on track with your savings for retirement? Learn how to use the Principal Retirement Wellness tool.	UC110	Kirk Sadilek (Principal Fin)
March 31, 2020	3:30 - 4:30 pm	Basic Meditation Meditation has many benefits including reduced stress, improved concentration, and increased self-awareness. Come learn how you can incorporate it into your life.	Lundy Fitness	Karol White
April 2, 2020	3:00 - 4:30 pm	The Art of Cake Pops Learn from a "pro" on how to make great looking and tasting cake pops.	Penthouse	Shea Francis
April 8, 2020	2:30 - 4:30 pm	Difficult Conversations with Difficult People This class identifies seven types of difficult people, common behaviors, and coping strategies.	UC110	EFR - Tom Farley
April 15, 2020	3:30 - 5:00 pm	Essential Oils Learn more about natural oils and what they can do for you.	UC110	Donette Johnson
April 16, 2020	3:30 - 5:00 pm	Composting at Home Learn new and exciting ways to compost at home.	UC110	Rachel Murtaugh
April 22, 2020	3:30 - 4:30 pm	Retirement Income Planning Whether you are years from retiring or approaching retirement, the best way to improve your income outcome is to have a plan. Take this an opportunity to learn about planning ideas that will better shape your future.	UC110	Kirk Sadilek (Principal Fin)

April 23, 2020	3:30 - 4:30 pm	<p align="center">Basic Meditation</p> <p>Meditation has many benefits including reduced stress, improved concentration, and increased self-awareness. Come learn how you can incorporate it into your life.</p>	Lundy Fitness	Karol White
April 28, 2020	3:30 - 4:30 pm	<p align="center">Fire Extinguisher Training</p> <p align="center">Come learn how to properly use fire extinguishers.</p>	UC110	CRFD
April 30, 2020	3:30 - 5:00 pm	<p align="center">MS Office 365 OneDrive</p> <p align="center">Come learn about MS Office OneDrive which allows users to simultaneously edit office documents, documents in browsers and share folders</p>	Busse Computer Lab	Vicki Emanuel
May 5, 2020	3:30 - 4:30 pm	<p align="center">Increase Your Investing IQ</p> <p align="center">Do you have an understanding about your retirement investment options? Learn about your deferral percentage and deferral options including the deferring into the Roth 401(K).</p>	UC110	Kirk Sadilek (Principal Fin)
May 7, 2020	3:30 - 4:30 pm	<p align="center">Basic Meditation</p> <p align="center">Meditation has many benefits including reduced stress, improved concentration, and increased self-awareness. Come learn how you can incorporate it into your life.</p>	Lundy fitness	Karol White