

Staff Development



The Staff Development Committee invites you to participate in the Spring 2019 Staff Development Program. Our goal is to provide you an opportunity to learn something new in a fun, relaxed environment. Full descriptions can be found at <https://www.mtmercy.edu/staff-development-program>. If you have any questions or have ideas for future offerings, please contact tdoermann@mtmercy.edu.

PERSONAL FINANCE

Retirement Income Planning (50+) Principal Financial Services

**12 Feb - UC 110 Presenter:
3:30pm-4:30pm**

You have created a plan to save for retirement. Now you are approaching retirement, what is the most effective way to spend that money? Come learn about how to create a budget strategy for your post work life.

Social Security, Medicare, & Long-Term Care Planning Principal Financial Services

**14 Mar - UC 110
Presenter:
3:30pm-4:30pm**

Many will need long-term care at some point, but how do you determine if you are one of them or how much you will need? Come learn the basics.

Understanding Annuities as a Retirement Tool Rob Rittenhouse

**28 Mar - UC 200
Presenter:
3:30pm-4:30pm**

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.

Understanding Your 401(K) Plan Principal Financial Services

**2 May - UC 110 Presenter:
3:30pm-4:30pm**

Come learn about strategies to accumulate savings and how market changes affect can impact your retirement plan.

FUN FOOD

Flaming Coffees Aramark

**11 Mar - Penthouse Presenter:
3:30pm-5:00pm**

Impress your friends and families without burning down your house. Join us for a demonstration on how to make 2-3 varieties of Flaming Coffees

Staff Development



Brunch Ideas & Recipes

Connie Albaugh & LeeAnn Olson

2 Apr - UC 110 Presenter:

3:30pm-4:30pm

Making Easter brunch this year? Come join us for a few ideas from two of our resident experts.

FOCUS ON HIGHER ED

Academics 101

Tim Laurent

21 Feb - UC 110 Presenter:

2:30pm-4:00pm

Shared governance, tenure, academic freedom, EEE, what does all that mean? This overview is designed to help you have a deeper understanding of how academics operates at MMU.

WELLNESS

Basic Meditation

Presenter: Karol White

Meditation has many benefits including reduced stress, improved concentration, and increased self-awareness. Come learn more about this centuries old practice and how you can incorporate it into your life. Offered on the following dates:

6 Feb - Lundy Fitness 3:30pm-4:30pm

7 Mar - Lundy Fitness 3:30pm-4:30pm

17 Apr -Lundy Fitness 3:30pm-4:30pm

9 May - Lundy Fitness 3:30pm-4:30pm

CPR Certification

Presenter: Unity Point Health

30 minutes of your time now could save a life later! If it has been a long time since you have taken a CPR course, now is the time as techniques have changed. This is a non-certified "Hands Only" training. Offered at the following times:

26 Mar - Betty Cherry 3:00pm-3:30pm

26 Mar - Betty Cherry 3:45pm-4:15pm

Food & Mood

Employee & Family Resources

17 Jan - UC 200 Presenter:

2:00pm-3:00pm

Understand the difference between eating out of necessity versus convenience and habit . In the session you'll reflect on current eating habits, learn ways to track mood and food, and identify the difference between hunger, boredom, and stress eating.

Staff Development



Bottoms Up Employee & Family Resources

**17 Jan - UC 200 Presenter:
3:00pm-4:00pm**

What we drink is just as important as what we eat when it comes to how we feel, how much energy we have, and how productive we are. Learn the importance of water and why drinking other beverages in moderation is key.

PC SKILLS

Sharepoint Vicki Emanuel

**9 Jan - Busse Lab Presenter:
3:30pm-5:00pm**

SharePoint is a web-based collaborative platform that integrates with Microsoft Office. SharePoint is primarily sold as a document management and storage system, but the product is highly configurable and usage varies substantially among organization

Office 365 Vicki Emanuel

**27 Feb - Busse Lab Presenter:
3:30pm-5:00pm**

Come learn how to maximize your use of Office 365.

FAITH

Mission & Vision: Understanding the Why Sr. Linda Bechen

**25 Apr - UC 200 Presenter:
3:30pm-5:00pm**

Come learn more from Sr. Linda about the Whys behind our mission and vision and how that guides our work.

LEADERSHIP & MANAGEMENT

Navigating Waves of Change Employee Family Resources

**10 Apr - UC 110 Presenter:
2:00pm-4:00pm**

We all approach change differently. Come learn the importance of change and tips on how to handle it.

SUSTAINABILITY

False or Fact: Navigating the News Rachel Murtaugh

**14 Feb - UC 110 Presenter:
3:30pm-4:30pm**

What does science really know about climate change?

Staff Development



SAFETY & TITLE IX

Run/Hide/Fight Joe Cerruto

**29 Jan - UC 110 Presenter:
3:30pm-5:00pm**

Incidents involving an active shooter are on the rise in schools and workplaces. Come learn the actions you should take if you ever find yourself in this situation.

Title IX Review Nate Klein

**23 Apr - UC 110 Presenter:
3:30pm-5:00pm**

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.