

# STAR Day Workshops

## SESSION 1

9:10AM – 10:00AM

### **Diversity Dilemmas: Tough Questions and Situations**

*Presented By:* Kay Iwata, K. Iwata Associates Inc.

“Discovery.Diversity.Distinction.” Diversity is critical to Fresno State. As we work to make it a natural part of our DNA people do have concerns and situations do come up that challenge us moving forward. This session is focused on raising some of these tough questions and situations and providing ways to constructively address them.

(Course #000361)

### **18 Minutes: Find Your Focus, Master Distraction, and Get the Right Things Done**

*Presented By:* Peter Bregman, Bregman Partners Inc.

In this engaging, story-based, and very practical discussion, Peter will show audiences: (1) How to build a plan that places people at the intersection of their strengths, weaknesses, difference, and passions, maximizing their success and impact on the organization. (2) An 18-minute plan for managing their day and how it will enable them to get all the right things done. (3) How to get traction, stick to their focus, ignore non-priorities, avoid the allure of unproductive busyness and master their boundaries so they can resist distractions.

(Course #000362)

### **Seconds 2 Survive: Personal Safety Tips and Techniques**

*Presented By:* Chief David Huerta, University Police Department & Amy Armstrong Parking Administration

Violence can occur anywhere - at the workplace, in a classroom, in a shopping mall, at a sporting event, in a movie theater. Learn safety tips and the basic principles of preparedness in this practical, safety oriented workshop. Familiarize yourself with campus emergency information and learn how to evaluate your work and personal space.

(Course #000363)

### **Customer Service: WIIFT? WIIFM? Set Yourself Up to NEVER be Frustrated Again!**

*Presented By:* Jan Edwards, Mass Communication and Journalism

This dynamic, upbeat session will help you “get out of your own way” to give and get Great Customer Service. You’ll experience a real discussion of what you can do to set yourself up for success personally AND professionally when dealing with customer service issues. Topics include the Emotional Balance rule, the magic of accurate information and the wisdom of not playing the “blame game.” You’ll also learn tips for designing your own personal standards for hassle-free-get-the-result-you-want-every-time Customer Service.

(Course #000364)

### **Getting Your Financial House in Order**

*Presented By:* Miranda Stelfox & Stephanie Walzberg, Wells Fargo

One of the greatest causes of stress in families' lives is worry about money. Learn to take control of your finances by developing a spending plan, setting financial goals, improving your credit history, managing and reducing debt and building your savings.

(Course #000365)

### **Exploring Yosemite: Tips, Tricks and Hidden Secrets**

*Presented By:* Jim Michael, Technology Services

Weekend getaways are a great way to relieve work-related stress. Right in our backyard, Yosemite is one of the crown jewels of our National Park system and the place where the national park idea was born. Learn how you can get the most out of your visits to Yosemite. Discover the park's best kept secrets and tricks that will help you avoid the crowds to catch this majestic place at its best.

(Course #000366)

## **Session 2**

**10:10AM – 11:00AM**

### **Building a Healthy Diet**

*Presented By:* Lisa Herzig PhD, Food Science and Nutrition

Healthy food choices are important for good health and well-being. We have the power to choose to eat a variety of nutrient-packed foods, stay within our calorie needs, and create a well-balanced diet.

(Course #000367)

### **Extreme Landscaping: Get Rid of Your Lawn**

*Presented By:* Lynn Traber, California State University East Bay

Xeriscaping is a common sense guide to gardening in harmony with your site. You can use any garden design and many different colorful plantings that are not confined to a cactus garden!! Create the front (or back) yard of your dreams with little watering. Learn about weeding, pruning, deadheading, watering, and sensible pest management methods in this fun presentation.

(Course #000368)

### **Good vs. Great Leaders: The Significant Distinction**

*Presented By:* Lauren Nile Esq., California State University Northridge

This workshop will explore the dynamics of leadership practices and skills while paying special attention to the abilities necessary to be an effective leader.

(Course #000369)

### **Exploring and Planning Your Future Career Options**

*Presented By:* Rita Bocchinfuso-Cohen, Career Services

In this dynamic workshop we will cover exploring future career options, identifying career goals and developing a personalized career plan. Participants will learn how to use a Career Map for future planning and decision making.

(Course #000370)

### **Financial Planning for the Future**

*Presented By:* Portia White CFP®, Whelan Financial

The decisions you make today regarding your finances will directly impact your retirement. Planning now for the future will not only better establish financial security, but provide future financial flexibility. Understand your retirement sources of income, how to optimize your savings vehicles and the importance of making your money work for you.

(Course #000371)

### **Keep Calm and Bead on**

*Presented By:* Sharon Briscoe, Administrative Services

This special class of therapeutic gemstones includes gemstones whose primary focus is healing, energizing, and nourishing the physical body. These therapeutic gems can help you feel more grounded and stable and handle multiple tasks with greater ease. You will learn how to assemble a simple bracelet that will embody your goals for health and wellness. All materials will be provided. Class size limited to 35 participants.

(Course #000372)

## **SESSION 3**

**1:30PM – 2:20PM**

### **How to Have an Effective Social Media Presence**

*Presented By:* Tamyra Pierce PhD, University Communications

Social media can be used to enhance your communication and/or marketing efforts but only if they are used effectively. This workshop will discuss “best practices” of implementing and using social media.

(Course #000373)

### **Motivation: Being on the Top of Your Game**

*Presented By:* Head Coach Raegan Pebley, Fresno State Women’s Basketball

When people are focused on *external motivations* (i.e. rewards and punishments) their creativity suffers. Yet, when they are driven by *internal motivations* (e.g. interest, meaning, purpose, learning, freedom) their creativity soars. Join Coach Raegan Pebley as we explore motivation and how to overcome barriers.

(Course #000374)

### **Maximize what Matters Most**

*Presented By:* Jothany Blackwood EdD & George Railey EdD, SCCC

Would it help you to know that it’s only temporary? Discover the fluid timetable for navigating life’s good and not so good phases –while maximizing the moments that matter most! This session is for both the novice and seasoned juggler as we identify the glass balls in your life that you cannot drop with the balance of juggling rubber balls that will survive a bounce or two.

(Course #000375)

### **For Your Benefit: Exploring MyCalPERS and Savings Plus**

*Presented By:* Wendy Cabrera, CalPERS & Anthony Donatelli, Savings Plus

This presentation will highlight the my|CalPERS online services that are available for CalPERS members, including: demonstrations on registering for your own my|CalPERS account, viewing your personal retirement account balances, health benefit information and annual member statements. You will also get to see how easy it is to look at different dates for retirement, estimate your own retirement benefits, and submit your service retirement application online. This session will also provide enrollment information to employees eligible for the Savings Plus Program.

(Course #000376)

### **Backyard Barbecue Tips and Tricks**

*Presented By:* Curt Ward, Technology Services

BBQ is one of America's favorite pastimes. Spending time in the backyard enjoying great food with family and friends is a great way to relieve work-related stress. Learn tried and true tricks of the trade including lighting your fire and grill tech to food prep and serving a finished product that will bring happy, mouthwatering smiles to all of your guests.

(Course #000377)

### **Zumba: The Total Body Fitness Party**

*Presented By:* TBA, Student Recreation Center

Zumba® is an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that's moving millions of people toward joy and health. It is the only Latin-inspired dance-fitness program that blends red-hot international music, created by Grammy Award-winning producers, and contagious steps to form a "fitness-party" that is downright addictive.

(Course #000378)

## **SESSION 4**

**2:30PM – 3:20PM**

### **Getting to Know Your iPad: Cool Apps and Time Saving Tricks**

*Presented By:* Tom Gaffery

Don't forget to bring your iPad! This interactive, hands-on course is great for novice and intermediate iPad users. If you don't own an iPad, come join us to discover what everyone is talking about. We will walk through basic iPad setups, "Tom's Tips," tricks and preferences. We will also introduce some of the best new apps available now.

(Course #000379)

### **Prepare to Lead: Essentials of Project Management**

*Presented By:* Bridget Wikidal PMP, California State University Office of the Chancellor

This session will cover Project Management basics. Learn about project management life cycles and methodologies, project planning (scope, schedule development, communications

and kickoff) and conducting effective project meetings.  
(Course #000380)

### **The Yin and Yang of Conflict in a Diverse Environment**

*Presented By:* Kay Iwata, K. Iwata Associates Inc.

Conflict by its very nature is diversity in action. If addressed constructively conflict can yield high benefits. The content of this workshop is focused on 1) identifying and understanding the additional complexities and benefits of conflict (yin-yang) in a diverse environment and 2) how we each can be more effective at addressing conflict.

(Course #000381)

### **Retirement: What's it All About?**

*Presented By:* Nancy Petenbrink PhD, Employee Assistance & Wellness

*With:* A Panel of Fresno State Retirees

Join Dr. Nancy Petenbrink and our panel of recent retirees as they return to Fresno State to discuss the joys & challenges they've experienced in retirement and the things they wished they had known before they retired.

(Course #000382)

### **Basic Home Repairs, Yes Ladies You Can Do It!**

*Presented By:* Angel Langridge, University Communications

In this class you will have hands on tool experience, learn the basics of home repairs such as snaking a drain, hanging a picture, painting techniques and fixing a leaky toilet. Find out how learning to do small projects yourself will save you money.

(Course #000383)

### **BodyFlow: The Ultimate Stress Buster**

*Presented By:* TBA, Student Recreation Center

BODYFLOW™ is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance. Like all the LES MILLS™ programs, a new BODYFLOW™ class is released every three months with new music and choreography. (from lesmills.com)

(Course #000384)

### **Accommodation Statement**

*Fresno State encourages persons with disabilities to participate in its programs and activities. If you anticipate needing any type of accommodation or have questions about the physical access provided, please call the Office of Human Resources at 559.278.2032 in advance of your participation or visit.*