This time of season we especially celebrate our love for others and hopefully ourselves. One of the best “presents” we can give to those we care about and ourselves is the priceless gift of learning, sharing and development. Learning is the key to us achieving our fullest potential, so we can continue to transform our lives and become more successful at home and work, and with our families, friends and communities.

February and March PASSHE Academy programs offer you over 24 options in a variety of learning formats with 24/7 access to:

- fall in love with your career (again)
- equip you to be a “mental warrior”
- build resilience
- execute your highest priorities
- better manage your time
- learn about preventative health care
- gain strategies to effectively lead and participate in meetings
- receive goal setting tools that will help you be successful at home and at work
- learn to identify and move yourself and others through change
- learn how to coach yourself to reduce fears and negativity
- get helpful tips for starting your journey to health and wellness
- gain strategies to maximize performance evaluations and discussions
- and much more…!

A registration link is provided within each program description below. If you are interested in accessing a program offered on a date that has already passed, please contact me.

Additionally, your feedback regarding future programming is needed! Please contact me to discuss training needs and interests for you and/or your team.

Wendy Bowersox
Workplace Training Coordinator
717-871-4752
wendy.bowersox@millersville.edu
Professional Development Opportunities - February/March 2019

Over 90% of programs offered can be accessed 24/7 from the distribution date.

CLICK to register online or call 610-436-3380 or email orgdev@wcupa.edu.

LEADERSHIP ENRICHMENT

Baudville Employee Recognition (Email Campaign)

February 20 – March 27: This six week series provides weekly emails with access to preselected resources to help busy campus leaders engage and recognize their employees and teams using no-cost and low-cost strategies. The productivity and engagement enhancing series includes quick white papers, articles, job aids, and access to webinars and e-books. CLICK to register.

Leadership, Innovation & Strategy Podcast Series (Pre-recorded Teleseminar Series)

February 21 – March 21: Listen to this five-week series as top experts in their field share insight on topics such as leadership, innovation, strategy, talent management, and organizational behavior. CLICK to register and gain access to these 20-40 minute videos.

Big Think Video Series (Pre-recorded Webinar Series)

February 22 – March 22: Once a week for five weeks, enjoy a 2-5 minute video featuring the ideas, lessons, stories and advice of leading experts from around the world inspiring you to think big! Topics include: Increasing Potential; Resilience; Tao of Leadership; Looking at Challenges as an Outsider; and Switching Off the “Always On” Culture. CLICK to register.

Building Mental Game Warrior Teams (Pre-Recorded Teleseminar)

February 28: Listen to Jen Croneberger as she equips participants to become mental warriors who build cohesion and chemistry within departmental teams. She’ll also share the number one myth of being mentally strong. Jen is a frequent speaker at some of the largest sports coaching conferences in the country and has been chosen as the Chester County Chamber of Business and Industry’s 2009 Female Business Leader of the Year and presented for TEDxWestChester in 2013. CLICK to register for this 30 minute teleseminar.
Jack Canfield's Guide to Goal Setting Success Series *(Email Campaign)*

**March 5 – March 26:** Once a week for five weeks, enjoy receiving the tools that will hold you accountable for your own success at work, at home, and in life. These goal setting tools will help you strategize and minimize limitations, manage your productivity and down time, and develop an internal mastermind group that will help everyone achieve more of what they want out of work. Tools include: Daily Success Focus Journal, Achievers Focusing System, Mastermind Strategy Guide, Victory Log, and One Year Planning Guide. [CLICK](#) to register and gain access to these valuable tools.

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**Putting the Perform in Performance Review Process** *(Pre-recorded Teleseminar)*

**March 7:** Watch and listen how to maximize the use of the evaluation forms and the performance discussions to reinforce appropriate behaviors and eliminate unacceptable behaviors. Learn how to handle difficult situations and how to word certain challenges and areas for growth in the document and subsequent discussions. [CLICK](#) to register for this 40 minute teleseminar.

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**TED Leadership Video Series** *(Pre-Recorded Webinar Series)*

**March 13 – April 10:** Watch TED’s most fascinating thinkers and doers talk about relevant and timely leadership topics (in 18 minutes or less). Each week for 5 weeks, receive a link for access to a preselected video with strategies to ponder and apply to further improve your leadership skills. [CLICK](#) to register for these insightful TED Talks.

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**Turn Around Performance Problems Before it is Too Late** *(Pre-recorded Teleseminar)*

**March 28:** Have you ever created personnel “workarounds” or pushed problems under the rug until the bulge could not be ignored? Learn how that negatively impacts the rest of your department and your credibility in their eyes. Equipping yourself with the necessary tools and strategies can make a long term impact on your leadership and team. [CLICK](#) to register for this 30 minute teleseminar.
PERSONAL ENRICHMENT

Change Anything: The New Science of Personal Success
(Pre-recorded Teleseminar)

February 18: Learn how to apply three breakthrough principles to change any personal challenge you face. Understand the fastest and surest way to dramatically improve results in both work and life. Gain a clearer understanding of the real forces that shape our actions can enable us to make better decisions, change our outlook, and replace bad habits with good. CLICK to register for this 60 minute teleseminar.

Success in Numbers Nine-Week Blog Series (Email Campaign)

February 20 – April 17: This nine-week blog series will lead the way to your success and job satisfaction. Learn the habits and qualities of truly remarkable, likeable, giving, courageous, and successful employees. CLICK to register.

Fall in Love With Your Career (Again) (Pre-recorded Webinar)

February 14: When you love what you do, there’s no doubt that work is more enjoyable. But finding and following your passion can bring several other notable benefits that significantly impact your success. In this webinar, you’ll learn six benefits of doing what you love, discover how to find what sparks your passion, and gain seven strategies to fall in love with your career (whether that’s in your current position or in a future role) so that you can feel happier, engaged, and fulfilled every day of the week. CLICK to register.

Career Management: Re-invent and Re-engage with Eric Kramer (Pre-recorded Webinar)

March 14: Listen and watch this discussion about The Basic Career Goal (happiness), the “new” definition of career success, your personal brand, competing in the career marketplace, and the importance of passion and purpose. CLICK to register this 20 minute video.

Change Happens: Helping Yourself and Others through Change (Pre-recorded Webinar)

March 22: Learn how to identify the difference between the change imposer and the change imposed. Explore strategies on how to move yourself and others through change. Understand the reasons for change adversity and how to take a proactive approach in making change easier on yourself and others. CLICK to register for this 15 minute video.
Four Key Questions for Better Time Management *(Pre-recorded Webinar)*

**March 13:** Brian Tracy, international bestselling author, reveals four questions you can ask yourself – and answer – to get clear, focused and on track in achievement of your goals. In addition, you will be able to remain motivated and energized in your pursuit of your goals and precisely how to get started being more effective at time management. **CLICK** to register for this short, but effective video!

**PRODUCTIVITY ENRICHMENT**

Achieving Your Highest Priority *(Pre-recorded Teleseminar)*

**February 21:** Learn how to identify and execute your highest priorities using strategies from Stephen Covey’s Book, First Things First. Learn about his time matrix and how not to manage time, but to manage yourself so that you can enjoy your work, stay focused on results, and make time for proactivity in your department or organization. **CLICK** to register for this 40 minute teleseminar.

Financial Independence for Young Professionals *(Pre-recorded Teleseminar)*

**February 26:** Learn from Barb Shea, author of "Welcome to the Real World," how to best communicate the importance of financial independence, what is a FICO score, and strategies on how to keep in good financial shape from the very beginning! **CLICK** to register for this 30 minute teleseminar.

**FINANCIAL ENRICHMENT**

Coach Yourself to a Brighter Future *(Pre-recorded Webinar)*

**March 29:** Watch and understand what coaching is and how you can use its principles yourself and with others if you lead. Learn five powerful strategies to benefit you both personally and professionally by focusing on skills and knowledge and maximizing your environment. Also, learn how to eliminate or reduce the fears preventing you from achieving your goals and keep negative people from zapping your energy. **CLICK** to register for this 24 minute webinar.

**WELLNESS ENRICHMENT**

Gage Strength Training Series *(Pre-Recorded Webinar Series)*

**February 22 – March 15:** If you have a desk job, this is the four part video series for you! Devin Gage, owner of West Chester’s Gage Strength Training, helps keep your hips limber and prevent or relieve back pain. He’ll also teach you a simple exercise with the help of a chair and how to best view the scale. **CLICK** to register for these 2-3 minute informational videos.
Prevention 101 *(Email Campaign)*

**February 25 – May 13:** Prevention 101 is a 12-week preventive health care awareness e-newsletter campaign to engage employees and their dependents in obtaining regular, recommended preventive care. The campaign focuses on 12 weekly themes to help participants improve their understanding of preventive health screenings, exams, immunizations and risk factors. Participants use a manual that expounds on the monthly topic along with tracking logs to record exams, screenings and immunizations. [CLICK](#) to register.

Your Journey to Health and Wellness with Dr. Jeff *(Pre-recorded Teleseminar Series)*

**March 5 – April 9:** In this six part teleseminar series, listen to Dr. Jeff Chamberlain, area chiropractor and Worker’s Compensation panelist, and learn about the following topics: Secret Principles to Heal Your Body, Strategies to Reduce Stress, Strengthening and Toning Techniques, Bulletproof Plan to Boost Your Immune System, Strategies to Reduce Lower Back Pain, and Nutrition for Health, Energy and Vitality. [CLICK](#) to register.

**COMMUNICATION ENRICHMENT**

Knock Your Socks Off Customer Service *(Pre-recorded Teleseminar Series)*

**March 4 – March 11:** In the first teleseminar, listen and learn the perceptions behind customer service, and identify and gain strategies to adapt your communication style. You will also gain problem-solving skills needed to troubleshoot customers’ concerns. Part two will equip you with strategies on how to manage angry or irate customers (internal or external). Gain the skills of handling four types of difficult customers and managing your own emotional intelligence. [CLICK](#) to register for this two-part teleseminar (30-40 minutes each).

Strategies to Effectively Lead and Participate in Meetings *(Pre-recorded Webinar)*

**March 8:** Can’t stand meetings? Learn how to love meetings and make the most out of every minute. Topics include the pros and cons of canceling a meeting; helping a leader have more productive meetings; ways to encourage attendees to arrive on time; handling someone who is disruptive; increasing participation; infusing new energy and ideas onto a committee when the participants have not changed over the years; ideas for preventing the closed items from resurfacing; and addressing how long is too long. [CLICK](#) to register for this 20 minute video.
ADDITIONAL OPPORTUNITIES

Domestic Violence: Recognition and Resources *(Pre-recorded Webinar)*

**March 6:** Geared towards anyone wanting to help stop domestic violence, Shari Pirone, a Board Member with the Domestic Violence Center of Chester County, will share when the label of domestic violence applies. She will also give viewers the ability to recognize potential victims of domestic violence and empower them with knowledge of the resources available for victims of domestic violence. She encourages everyone to share what they learn with others so we can all be advocates and help those in need. **CLICK** to register for this 20 minute webinar.

The WCU Office of Training and Organizational Development offers these programs and much more. We also provide just-in-time communications via social media.

**LIKE** us on Facebook.