We’re *showering* you with lots of programs this spring!

PASSHE Academy provides a variety of learning formats and topics to help you grow both personally and professionally. Our current offerings share information to help you learn how to:

- strengthen your emotional intelligence
- coach yourself to a brighter future
- deliver effective feedback
- make the most of every meeting
- boost workplace productivity
- live a more positive life
- and much more!

Also featured is a Performance Management Bootcamp and Wellness Bootcamp!

[Click here to view all our April and May offerings and register today!](#)

If you would like to suggest ideas for future learning and programs, please contact us at wendy.bowersox@millersville.edu.
Professional Development Opportunities  
April-May 2019

Over 90% of programs offered can be accessed 24/7 from the distribution date.  
**CLICK** to register online, call (610) 436-3380 or email orgdev@wcupa.edu.

**COMMUNICATION ENRICHMENT**

**Strengthening Your Emotional Intelligence** *(Pre-Recorded Webinar)*

**April 9:** Learn the brain science behind Emotional Intelligence (EQ). Understand the importance of EQ in the workplace, review and assess the five Emotional Intelligence skills, and become aware of your own EQ triggers. There is one thing that we are in control of—our attitude! Strengthen your EQ and help others do the same so that we can create an environment of candor and successful outcomes. **Register for this 20 minute video!**

**Run the Bases: Hit It Out of the Ballpark** *(Pre-recorded Webinar)*

**May 3:** If you are a leader of a department or committee, teach students, or are in the service industry, this video is for you! From the day we were born, we were selling something. Embrace that selling is not a bad word and learn how to run the bases through listening, telling stories, and gaining credibility to sell ideas, knowledge, and services. **Register for this 20 minute video!**

**LEADERSHIP ENRICHMENT**

**Performance Management Boot Camp** *(Pre-Recorded Series)*

**April 3 (weekly through May 3):** Gain 24/7 access for **five weeks** to five virtual learning programs that will help you get the most out of the performance management process. **Register for this bootcamp now!**

**Simple Truths Staff Meeting Starters** *(Pre-Recorded Webinar Series)*

**April 6 (weekly through May 3):** Whether you are a leader or aspire to be one, receive **five links** to short videos (20 minutes or less) along with individual and group questions/activities to use for your own benefit or for your team. Topics will include: Team Strengthening; Procrastination; Customer Service; Turning Problems into Opportunities, etc. These staff meeting starters are an impactful way to discuss key topics and strengthen your culture. **Register for this program now!**
**Delivering Effective Feedback with Cathy Toner** *(Pre-recorded Webinar)*

April 18: Cathy Toner, Director of Communications and Marketing at Villanova University, shares her best practices for handling difficult feedback sessions in this 20 minute video. Regardless of your position in your organization, learn how to handle challenging feedback sessions and how to personalize the feedback to the individual and situation both at home and at work. [Register for this video here!](#)

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**WCU LeaderCast Radio Show Series** *(Pre-recorded Teleseminar Series)*

April 19 (weekly through May 17): Learn from those in our community who are faced with tough decisions every day. Leading is something that we’re not often taught, but are thrown into. Gain wisdom from those who have been there and continue to thrive both in good and hard times! [Register for the five part LeaderCast Radio Show series!](#)

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**Leading Effectively with the Center for Creative Leadership** *(Pre-recorded Teleseminar Series)*

April 22 (weekly through May 20): Sponsored by the acclaimed Center for Creative Leadership, use the weekly link to access pre-recorded short audio clips (less than 5 minutes each) on selective and highly relevant leadership topics. Listen at your PC or download these audios over 5 weeks to your MP3 player. [Register for this series now!](#)

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**PRODUCTIVITY ENRICHMENT**

**Conducting and Participating in Effective Meetings** *(Pre-recorded Teleseminar)*

April 25: Listen and 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. [Register now!](#)

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**Six High Performance Success Secrets** *(Pre-recorded Webinar)*

April 24 (weekly through May 8): Bestselling New York Times Author Brendon Burchard reveals six powerful tools to high performance in this insightful and motivating three part webinar. Learn the principles and strategies you need to master your mind and body, be more productive, and influence others. [Register for this three part webinar now!](#)
Whole Brain Thinking and Mind Mapping: Tools for Success
(Pre-recorded Teleseminar)

May 2: Gain an understanding of right-brained, left-brained, and whole brain thinking. Assess your whole brain quotient and have a firm understanding as to why this is important. Learn how to get your teams to think with their whole brain and tap into how to use divergent and convergent thinking to come up with the best solutions. Register for this 50 minute teleseminar now!

7 Ways to Boost Workplace Productivity
(Pre-Recorded Webinar)

May 8: Your time is your most valuable asset, so it’s important to use it wisely. Learning to work smarter, not harder, is the key to managing productivity and making the most of your time. At work, there are a number of things that can get in the way of being our most productive self. By making simple changes in your daily work habits, you can significantly improve your productivity levels. In this webinar, you’ll learn 7 simple, but effective ways to optimize your work environment and boost your productivity at work. Register for this program now!

PERSONAL ENRICHMENT

8 Strategies to Live a More Positive Life (Pre-recorded Webinar)

May 9: Positivity has long-term impacts on our view of ourselves, our relationships with others, and on the world. It can forever change our minds, and our bodies, in ways that greatly enhance our physical and mental well-being and the overall quality of our lives. In this 17 minute video, learn more about the benefits of positive thinking and 8 simple strategies to living a more positive life. Register now!

Coach Yourself to a Brighter Future (Pre-Recorded Webinar)

May 3: 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. Register for this 24 minute video now!
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.

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### WELLNESS OPPORTUNITIES

#### Color Your Plate *(Email Campaign)*

**April 4 (weekly through May 9):** This fun and informative 6 week e-newsletter campaign is packed with recipes and tips for adding and enjoying more fruits and vegetables. **Register for this email campaign now!**

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#### Wellness Boot Camp *(Pre-Recorded Series)*

**April 17:** Sign up for this boot camp and gain access to these three teleseminars and webinars: Stress Busters, Coach Yourself to a Brighter Future, Whole Brain Thinking and Mind Mapping. **Register for the Wellness Boot Camp now!**

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#### Color Your Plate *(Email Campaign)*

**April 4 (weekly through May 9):** This fun and informative 6 week e-newsletter campaign is packed with recipes and tips for adding and enjoying more fruits and vegetables. **Register for this email campaign now!**

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#### Three Steps to Fitness Success with Tonya Stroh *(Pre-recorded Webinar)*

**April 19:** Motivate yourself to master the three steps to fitness success: have a goal, fit it in and stay motivated! **Register for this 20 minute video now!**

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### ADDITIONAL OPPORTUNITIES

#### The Bully at Work *(Pre-recorded Teleseminar Series)*

**April 5 (weekly through May 26):** This four part teleseminar series focuses on what everyone must know about bullying and identify if you are potentially being bullied or may be bullying. Explore the four step process to workplace bullying and how to empower yourself to handle the bully. **Register for access to four 30 minute teleseminars!**