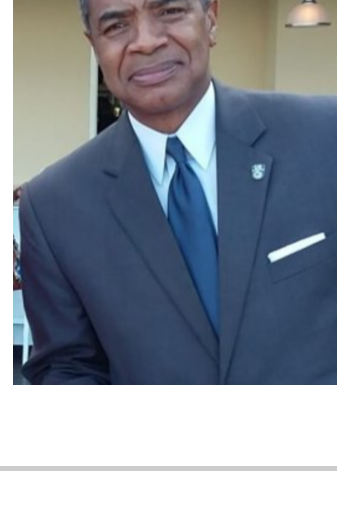




GV Welcomes New Chief Human Resources Officer

Mychal Coleman is Grand Valley's new chief human resources officer; most recently he worked at the University of the Bahamas. [Read the full GVNEXT article](#)



Leading Laker: Kristin Winfrey

While it's easy to fall into a mundane and complacent routine, Kristin Winfrey—who is the academic department coordinator in the Classics Department and will soon be transitioning into the CLAS Dean's Office—said that finding new ways to keep her brain active and engaged has helped to keep her going over the past year. She has immersed herself in a variety of activities both on and off campus in order to support her personal well-being.



Outside of work, Kristin enjoys reading books, learning new skills, getting outside and spending time with her husband and son. She also enjoys crocheting, which is one of her favorite self-care activities. "I find it soothing, and I love to make gifts for family and friends to make them smile," she said. To improve her nutritional wellness, Kristin started a weight loss program called Noom, which she says is designed to help you change your relationship with food by identifying habits and helping you to make choices that will be more satisfying in the long run. From this, she has lost weight and gained better habits and more confidence.

Kristin also likes to be involved in opportunities offered at the university, which include taking walks on GVSU's beautiful campus, participating in the [Thrive @ GVSU](#) program, and completing the [Encompass Scavenger Hunt](#) each month. With the scavenger hunt, she has been able to explore new resources that are available to her, and has found many of these to be beneficial for both her and her family.

Being a GVSU alum, Kristin was excited to come back to work for the university when she started in July 2015. She loves to work with students to help make their experience on campus just as wonderful as hers, and to support faculty and staff so they can do the same. Kristin said the best part of her job is being able to interact with students, which has been quite limited since the beginning of the pandemic.

Even though social interactions have been difficult to obtain this year, Kristin still tries to be a positive influence on her family, co-workers and students by being there for them and supporting them however she can. Kristin said she strives to live up to the quote, "Change the world by your example, not your opinion."

[Read more GVSU Leading Laker features.](#)

Faculty and Staff Spring Virtual Resource Guide

Free workshops, webinars and resources are available to you as a GVSU employee and for family members as well. Click on the icons to easily search and customize your own plan for wellness with GVSU programs, services and events based on your specific wellness needs. [Review the full online guide.](#)

Focus on Finances

Five Ways to Kickstart Your Financial Wellness Journey

1. **Login to [NetBenefits.com/GVSU](#).** Explore your personalized homepage for ways to help manage your financial picture.
2. **Take the Financial Wellness Checkup.** Go to [NetBenefits.com/FinancialWellness](#) and in 10 minutes, see where you stand and how to improve.
3. **Visit the Planning and Guidance Center.** Use [NetBenefits.Fidelity.com/PlanningCenter](#) to set goals, create scenarios, and track your progress.
4. **Call Fidelity at 800-603-4015.** Talk to a registered Fidelity Phone Representative to get started and to get help to stay on track.
5. **Download the NetBenefits® app.** Get instant, on-the-go access to all the helpful resources from [NetBenefits.com/GVSU](#).

Financial Resources from My Life Expert

The Encompass My Life Expert online portal has a plethora of financial resources, including a [calculator to help you pay off your credit card](#), a [course on managing personal finances](#), and [tips on saving and investing](#).

Don't have a [My Life Expert](#) account? Follow this [step-by-step guide](#) to sign-up today.

Financial Wellness at GVSU

Your finances are a big part of your personal well-being. Check out these [financial resources specifically for faculty and staff](#), including:

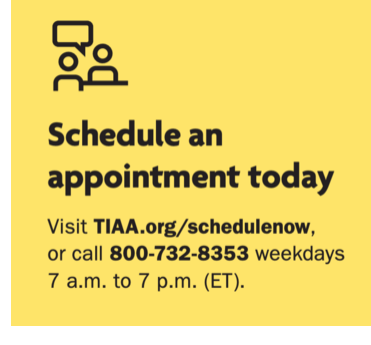
- Employee discounts
- Encompass Financial Assist, which provides a telephone consultation with a financial professional qualified to advise on a range of financial topics
- Financial webinars, hosted by Fidelity and TIAA
- Individual financial counseling, through TIAA

Feel More Confident About Your Finances

Join GVSU and Fidelity for an educational workshop, "Retirement Incoming Planning for Her", May 18 at 2:00 p.m. Designed for women investors, this workshop will help you learn more about your retirement savings and plan for future income. [Reserve your spot today.](#)

Top 10 Reasons to Meet with a TIAA Financial Consultant

TIAA financial consultants can help you create a plan for saving and investing in order to generate income when you retire. All it takes is one hour to know: 1) are you saving enough; 2) are your assets invested appropriately; and 3) are you on track to retire when and how you want? [Check out the top 10 reasons why you should meet with a TIAA consultant to help you plan for the future.](#)



Encompass May Newsletter

Check out the [Frontline Employee May Newsletter](#) from Encompass to read about:

- Do you have "Smiling Depression?"
- Is Absenteeism a Symptom?
- Be a Self-Starter to Attract More Opportunity
- Stop Procrastinating With the Five-Second Rule
- Your First Back to Work Meeting

HR Team Member Feature:

Becky Berrevoets

Compensation Analyst

How do you support faculty and staff in your position? I provide compensation recommendations for new and existing positions at GVSU, meet with faculty and staff regarding questions around their compensation, and facilitate our annual merit increase program for faculty and staff.



What is your favorite quote? "Life isn't about waiting for the storm to pass. It's about learning how to dance in the rain." –Vivian Greene

If you could eat just one food for the rest of your life which would you choose? Pizza – because you can make it so many ways!

What energizes you? Watching my kids try new things; one has joined crew for the first year and the other just finished working on the school musical.

What's your favorite pastime? I love to try new recipes! We've been trying a lot of new ones throughout the past year and I've mastered making French bread from scratch!

What's your favorite part about working at GVSU? Our team in HR and everyone I've worked with so far is always willing to help!

What is your "Laker Effect"? I'm an alumni, so it feels great to be back where I started to prepare myself for a career in Human Resources!

May Upcoming Events

Brain Break: Afternoon Mindfulness

[May 5th 2:00pm-2:45 p.m.](#)

Halfway There: A Retirement Checkpoint TIAA Webinar

[May 11, 12:00 p.m.](#)

The Art of Active Listening Encompass Webinar

[May 12, 1:30pm-2:30 p.m.](#)

HSA as a Nest Egg TIAA Webinar

[May 13, 3:00 p.m.](#)

Moms Network Virtual

[May 19, 12:00pm-12:45 p.m.](#)

Getting Past "No": Understanding Adolescent Addiction and Mental Health Issues - Tools to Help Our Teens Encompass Webinar

[May 19, 12:00pm-12:45 p.m.](#)

Lean-In 2.0: Professional Development & Things that Matter to Us

[May 20, 12:00 p.m.](#)

[View all upcoming events.](#)

[Current Job Openings](#)

1 Campus Drive
1090 James H. Zumberge Hall
Allendale, MI 49401

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