

Excellence Series – Fall 2018

The Excellence Series programs are provided by the GVSU AP Professional Development Subcommittee and Human Resources. All GVSU Faculty and Staff are invited to attend.

ALL PROGRAMS WILL OPEN FOR REGISTRATION ON AUGUST 7, 2018

SEPTEMBER

OPEN HEARTS, OPEN MINDS.

Wednesday, September 26, 2018 • 1:00–4:00 p.m., Room 2270, Russel H. Kirkhof Center
Presented by Dr. J. Devereaux Butler, Director of Staff Relations and Development
& Elisa Salazar, Work Life Consultant

We all have a biased, incomplete view of the world.

Our minds naturally construct a world that benefits us. It is normal to search the world for data confirming our beliefs and discount/ignore/justify contradictory information. We often struggle to see where we might be at fault, where *we might be the problem*.

When we cannot—or refuse—to see ourselves as the problem we live in “a box.” Our box of justifying self-deception limits us from reaching our best potential. It ruins our relationships and effectiveness at home, work, and play.

Based on the book *Leadership and Self-Deception: Getting Out of the Box* and seminal work on mental models, this class will teach participants to:

- Identify destructive patterns in our relationships
- Recognize when others are in need
- See others as humans rather than objects to be used, avoided, or endured
- Build nourishing relationships with firmness and respect

OCTOBER

Creating an Inclusive Culture on Campus: Tools and Strategies

Tuesday, October 16, 2018 • 3:30–5:00 p.m., RM 2266, Russel H. Kirkhof Center
Presented by Members of the GVSU Team Against Bias (TAB).

This workshop provides opportunities for participants to increase their awareness of factors that impede inclusivity on campus, and to explore ways they can personally foster a more inclusive and equitable community.

NOVEMBER

OPEN HEARTS, OPEN MINDS.

Tuesday, November 6, 2018 • 1:00–4:00 p.m., Room 2270, Russel H. Kirkhof Center
Presented by Dr. J. Devereaux Butler, Director of Staff Relations and Development
& Elisa Salazar, Work Life Consultant

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Emotional Strength Conditioning: Growing and building emotional muscle as a change management strategy.

Wednesday, November 28, 2018 • 8:30–11:30 a.m., Room 2270, Russel H. Kirkhof Center
Presented by Elisa Salazar, Work Life Consultant

We understand the importance of physical conditioning.

What about emotional conditioning? How strong and resilient are we during stressful and trying times? How do we handle the constant pressure to perform in rapidly changing environments?

This training focuses on strengthening and conditioning our emotional well-being, by caring for ourselves both responsively and proactively. Much like a physical regimen, the experience intends to build emotional muscle, develop endurance, provide psychological resources, and increase behavioral flexibility.

After successful completion of this program, participants will:

- possess THINKING tools for self-growth, healing, and self-compassion
- be able to apply emotional strength tools to dealing with change
- leave having started or completed a personal emotional strength and conditioning plan
- receive a gentle push towards taking ACTION in areas of life that need care and attention

DECEMBER

Customer Experience and Your Career

Wednesday, December 5, 2018 • 2:00 p.m.–5:00 p.m., Room 2270, Russel H. Kirkhof Center
Presented by Kim Monaghan, HR Career Services for Faculty and Staff Consultant

It's no surprise that customer service directly relates to an organization's bottom line, but did you know that it also impacts your career? Building a reputation for high impact customer experience, both internally and externally, will not only boost your career but reduces conflict, improve your health and well-being and increase your chances for career elevation. If you're interested in exploring what high-impact customer experience is and what it can do for your career, then this program is designed for you.

Register for all programs at www.gvsu.edu/sprout.
Please contact Human Resources at 616-331-2215 if you need special accommodations.



All Programs Approved for PSS Development Credit