



You're invited to attend our upcoming

EMPLOYEE ENRICHMENT DAY!

Employee Enrichment Day – June 2nd, 8:00am – 3:00pm in UC 275 A&B

8:00 - 8:30 Registration

Morning refreshments sponsored by University Staff Council - THANK YOU!

8:30 - 8:45 Welcome Remarks - Corey King, Chancellor

8:45 - 9:00 Event Kickoff - Connie Putland, CHRO

9:00 - 9:45 Keynote

Boundaries & Self-Understanding: Using Mega Cognition to Lead with Clarity - Laura Newman M.S.C.J., BHS, CPT, GFI Founder of Strong Culture LLC, Certified Mental Health First Aid Instructor (UC275)

The session is designed to help participants explore how self-awareness influences boundaries, communication, and well-being in both personal and professional settings.

10:00 - 10:45 Session 1 (concurrent presentations)

1. Mental Health: Warning Signs, Burnout & Self-Care - Malayna Oswald, Wellness Program Manager, and Andy Browning, Associate Dean of Students (UC261)

Suicide is a leading cause of death, and preventing suicide is a shared responsibility. In this session, Malayna and Andy will explore the prevalence of mental health concerns, warning signs of mental health conditions and suicide, and the role each of us play in supporting student and employee wellness. Additionally, they will *introduce* Recognize, Respond, Refer (RRR), the University of Wisconsin's newest suicide prevention training for students, faculty, and staff. Join us to help create a community where every Warhawk feels seen, supported, and never alone. You don't have to be an expert to help; you just need to be there. Every Warhawk plays a role in prevention. Will you be part of the change?

2. Getting To Know Your WRS Statement of Benefits - Steve Marshall, HR Director (UC 262)

TRANSLATION AVAILABLE

Whether you are a new employee, mid-career or planning retirement, in this session, Steve will help you unravel the mysteries of your WRS Statement of Benefits and how it can be used to plan for the future.

3. UWW Technology Tools, Support & Solutions - Kirsten Mortimer, Strategic Services Manager, Eric Stelter, Technology Solutions Specialist, and April Keithly, IT Process Manager (UC266)

In this session, Kirsten, Eric and April approach IT Services through a professional development lens, helping you build the skills to navigate and use technology more effectively in your day-to-day work. Learn where to find key IT resources at UWW, how to access the right support when you need it, and how to use LinkedIn Learning to strengthen your technical and professional skill set. The session includes interactive discussion and Q&A, with a focus on increasing your confidence, self-sufficiency, and ability to continue learning beyond the session.

4. Stronger Tissues, Fewer Issues - Jeff Haverkamp, DPT, OCS (UC264)

The case for strength training for injury prevention in the workplace.

11:00 - 11:45 Session 2 (concurrent presentations)

1. Mental Health: Warning Signs, Burnout & Self-Care - Malayna Oswald, Wellness Program Manager, and Andy Browning, Associate Dean of Students (UC261)

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2. Sip & Paint - Katie Lovell, WebMD (UC259)

TRANSLATION AVAILABLE

Enjoy a mocktail while painting on a canvas with Katie.

3. Brain-Based Connections: Understanding the Neuroscience Behind Self-Care - Amy Barth, Counselor Education Associate Professor & Ad Hoc Program Specialist (UC264)

The purpose of the presentation is to provide information on the neuroscience behind self-care. In this session, Amy will define self-care and why it is important for all aspects of our lives. Amy will review concepts from neuroscience to understand why and how self-care

activities are good for our brains. Various brain-based strategies for self-care will be shared. Participants will engage in creating a self-care plan.

4. Ethical AI Strategies in Our Personal & Professional Lives - Jonathan Spike, Interim AI Special Assistant to Provost (UC262)

Artificial intelligence carries a great deal of promise... and baggage! In this session, Jonathan will explore ethical considerations to make about whether to use AI for a personal or professional task, what tools and strategies to select, and use cases that maintain the human aspects of the implementation. This session will be hands-on, so feel free to bring a laptop or phone to try out strategies during the presentation!

11:45 - 1:00 Lunch and HR Happenings/Updates (UC275)

1:00 - 1:45 Session 3 (concurrent presentations)

1. Total Rewards/Total Compensation - Steve Marshall, HR Director (UC261)

TRANSLATION AVAILABLE

During this session, Steve will outline the different benefit coverages offered through the Universities of Wisconsin. The value of your compensation is much greater than just your base rate of pay. This will help you understand these coverages and their value. Bring your thinking caps, as we will be reviewing two working scenarios, one for life insurance and the other based on health insurance.

2. Swipe, Save, or Skip: A Guide to Social Media Health and Wellness Trends - Lindsey Greviskes, Kinesiology Associate Professor (UC264)

Social media has become a powerful source of health and wellness information, shaping how people think, feel, and act. During this session Lindsey explores the influence of platforms like Instagram, TikTok, and YouTube on health and wellness behaviors, highlighting both the benefits (increased awareness, community support, access to information) and the risks (misinformation, unrealistic standards, and harmful trends). Participants will examine current wellness trends circulating online and learn practical strategies to evaluate their credibility, safety, and effectiveness. By the end of the session, attendees will be better equipped to make informed decisions, knowing when to try a trend, adapt it, or confidently walk away.

3. Emotional Intelligence – Scott Webb, Acentra (UC266)

Mastering our emotions is a lifelong journey essential for personal fulfillment and professional success. In this session, Scott will encourage participants to explore various types of emotions, delve into how neuroscience influences our reactions to triggers, and examine the profound impact our feelings have on our daily lives. Those who are emotionally intelligent tend to be empathetic, positive, productive, and goal-oriented—qualities that many of us aspire to embody. If you're looking to enhance your emotional intelligence and cultivate these traits, this is the perfect class for you!

4. Difficult Conversations with Direct Reports, Immersive Practice Simulation - Jonathan Spike, Interim AI Special Assistant to Provost (UC262)

One of the most challenging but important responsibilities of leadership is having honest conversations with colleagues and direct reports, but it can be hard to practice these scenarios. In this session, Jonathan will have participants experience practicing a difficult direct report conversation via a virtual simulation using an AI actor and a virtual reality scenario. No experience with AI nor VR is required - just show up and give it a try! In addition, we will discuss future applications of the virtual simulation that might apply to your role!

2:00 - 2:45 Session 4 (concurrent presentations)

1. Pot Painting - Wes Enterline, Sustainability Coordinator (UC259)

TRANSLATION AVAILABLE

Paint a pot with Wes and grab a plant to fill it up!

2. Get Your Records Straight: Understanding Public Records and Records Management Plans - Jennifer Motszko, Library Associate Director (UC266)

Records Management is every employee's responsibility, but it can be hard to know where to start. During this session Jennifer will cover public records, employee responsibilities, and steps to start a records management plan.

3. Workday Performance Reviews - Kai Interfor, HR Manager, and Grace Dargiewicz, HR Business Partner (UC262)

In this session, Kai and Grace will provide a guide to navigating the review process from start to finish.

4. Retirement Roadmap for UW-Whitewater Employees - Penghu Qian, Finance and Business Law Assistant Professor (UC261)

During this session, Pengyu will provide an educational overview of the retirement-related programs available to University of Wisconsin-Whitewater employees, including Social Security and Medicare, the Wisconsin Retirement System (WRS), the UW 403(b) Supplemental Retirement Program, and the Wisconsin Deferred Compensation 457 Program. It is intended to serve as a retirement roadmap, helping you understand the general features of each program, the key differences in how they work, and how required and voluntary benefits may fit into retirement planning.

2:45 - 3:00 Wrap Up