

SUPPORT STAFF

PROFESSIONAL DEVELOPMENT DAY

Agenda

May 22, 2024

9AM: Arrive

9:30AM – 10AM: *Host Welcome & Ice Breaker*

10AM – 11AM: *Get the “Well” back into Work Wellbeing*

It's easy to lose the “well” in our wellbeing when we are in the middle of competing priorities at work and the changing work pace of serving the community. Join Helka Casey from the OSU Employee Assistance Program for an interactive workshop to explore approaches to prioritize ourselves, our roles at work, rethink stress and self-care, and ways we can enhance our overall well-being at work.

11:15AM – 11:30AM: *Group Team Building Activity*

11:45AM – Intro to *Failing Successfully* ~ Julie Evans, Office Associate- Pike County

12PM – 12:45PM: Lunch

1:00PM - 2:00PM: *Failing Successfully* ~ Continued

Round Table Like Discussions

Oh No! I did it wrong ~ This is how I corrected it.

A day in our life at work ~ are you ready?

2:00PM – 3:00PM – *SMART Goals* ~ T. McCoy, Dir, Learning & Org Development

~ What are they? How do I set them?

3:00PM – 3:15PM: *Wrap-Up*

How are you going to find your “Well”?



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