GET FIT MENTALLY –

There are multiple ways we can recharge, refocus, and maintain our health. Here are some great ‘Get Fit Mentally’ resources below:

- Faculty and Staff Assistant Program - FSAP Website
- Health Net Wellness Webinar Series, Learn Healthy Ways to Live Your Best - Health Net Series Link

ComPsych Personal Development/Work-Life Workshops. The following workshops are offered at no cost:

<table>
<thead>
<tr>
<th>ComPsych Workshop Topic</th>
<th>Date</th>
<th>Time</th>
<th>Registration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Managing Staff Through Stressful Situations</td>
<td>10/6/22</td>
<td>1 – 2 PM</td>
<td>Register</td>
</tr>
<tr>
<td>Difficult Conversations During Time of Unrest</td>
<td>10/13/22</td>
<td>1 – 2 PM</td>
<td>Register</td>
</tr>
<tr>
<td>Managing Up for Professional Success</td>
<td>10/20/22</td>
<td>1 – 2 PM</td>
<td>Register</td>
</tr>
<tr>
<td>Work and Life Balance in a Work-From-Home Environment</td>
<td>11/10/22</td>
<td>1 – 2 PM</td>
<td>Register</td>
</tr>
<tr>
<td>Loving...You: Boosting Self-Esteem and Acceptance</td>
<td>11/17/22</td>
<td>1 – 2 PM</td>
<td>Register</td>
</tr>
</tbody>
</table>

LEAD R'Ship Series – Psychological Safety, Presented by Alexandra Rollins

This short course is designed to help with your understanding of psychological safety, provides steps to cultivate a culture of psychological safety within your team. With more people working remotely or in a hybrid work model, ensuring their psychological safety helps team members adapt to new ways of working. It also builds trust and transparency, improves health and well-being, employee engagement, retention, productivity and innovation. Training employees and managers on psychological safety in the workplace and what it means in their day-to-day activities reinforces UCR's commitment to a culture of trust, respect and inclusion.

Tuesday, October 11, 2022, 11:00 AM – 12:00 PM | Psychological Safety Registration Link

EOD Course Catalog

Navigate and plan your professional development journey with the updated EOD Course Catalog! Please note the updated FY2022-23 course fees, and new LinkedIn Learning Content Collections, based on the UC Core Competencies.

EOD Course Catalog

**Upcoming Programs and Classes**

<table>
<thead>
<tr>
<th>Course</th>
<th>Date(s)</th>
<th>Cost*</th>
<th>Register</th>
</tr>
</thead>
<tbody>
<tr>
<td>Franklin Covey's The 4 Essential Roles of Leadership</td>
<td>10/25 – 10/27</td>
<td>$203</td>
<td>Register</td>
</tr>
<tr>
<td>After extensive research the Franklin Covey team identified that the 4 Essential Roles of Leadership is the foundational framework for their leadership success. That is, they inspire trust, create vision, execute strategy, and coach potential. By doing this, they engage their team to consistently help the organization achieve its most important results. Registration Deadline: October 11, 2022 (Note: This class is limited to Supervision/Managers)</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Delegation Skills</td>
<td>11/8/22</td>
<td>No Charge</td>
<td>Register</td>
</tr>
<tr>
<td>Get the basics of this essential skill. Exercises and assessments help you evaluate your current skills, easily identify the problems, and quickly find solutions. You'll discover how to develop your employees' potential while getting the job done.</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Franklin Covey's Multipliers: How the Best Leaders Ignite Everyone's Intelligence</td>
<td>12/1 – 12/2</td>
<td>$203</td>
<td>Register</td>
</tr>
<tr>
<td>Learn how to be the kind of leader who brings out the best in people, a leader who expects great things from those they work with, and who drives them to achieve extraordinary results. Registration Deadline: November 24, 2022</td>
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</tr>
</tbody>
</table>

Note: a late session admission, 30 minutes after the course has begun, will not be given course credit and may incur program or no-show fees.

ComPysch – Faculty & Staff Assistance Program (FSAP) Orientation
On behalf of the UCR Student Disability Resource Center, Employee and Organizational Development would like to announce the Disability Ally Workshop on Thursday, October 27, 2022.

The virtual Disability Ally Workshop seeks to facilitate awareness, understanding, and competency of disability through connecting faculty, staff and students with resources, knowledge and relationships of disability as diversity. Participants in this program will gain knowledge about what it means to truly be an ally for students with disabilities.

Topics include:
- Disability Law
- Academic Accommodations
- Disability Etiquette
- Hidden Disabilities
- Disability Demographics and a Student Panel

Participants will also receive a Disability Ally badge that can be placed in their email signature notifying students that they are a safe space for individuals with disabilities.

Disability Ally Workshop
Thursday, October 27, 2022 | 9:00 a.m. – 12:00 p.m.

Registration
To attend this workshop, you are required to register through the UC Learning Center (UCLC). If you are unable to participate in this workshop, please fill out this form Disability Ally Workshop/Remote Form. We are planning future workshops throughout this academic year. In addition, we would be happy to arrange workshops for individual offices/departments.

Contact
For questions regarding the Disability Ally Workshop, please contact pfr@ucr.edu

Learn more: UCR Student Disability Resource Center

Remote/Hybrid Work Resource Center

As work schedules will continue to include hybrid/remote options across the UCR campus in 2022, we want to help faculty and staff be prepared to be able to work in whatever hybrid/remote option is chosen. Employee and Organizational Development (EOD) would like to invite you to learn about remote work learning resources available to UCR faculty and staff. For more information, please visit the Employee and Organizational Development webpage.
Need training now? Visit LinkedIn Learning, via R'Space, and take advantage of curated collections.

Topics from LinkedIn Learning:
- What's Next – Reinventing Work in the New Normal
- Change Management Foundations
- Managing Organizational Change for Managers
- Change Management Tips for Individuals
- Improve Your Hybrid Workforce Skills
- Supporting Your Team as Offices Reopen

HR Information and Resources
- Return to Campus
- Face Covering Policy
- Return-to-Work Parking Information
- Remote Work / Telecommuting Agreement
- Coronavirus (COVID-19)

Need to know the Employee and Organizational Development (EOD) Team.

Personnel Policies for Staff Members (PPSM 10) - Professional Development

Most enrollments are conducted through the UC Learning Center.

Need assistance with course fees? Apply for a Staff Assembly Professional Development Scholarship. Visit their website for more information: https://staffassembly.ucr.edu/scholarships

Missed an issue of the Professional Development Monthly? Visit the Professional Development Monthly webpage.

To subscribe (opt-in) to the Professional Development Monthly, register in the Hrtrainingnews listserv.

For questions, please contact Employee & Organizational Development (EOD) at HRTrainingContacts@ucr.edu.