FY09 Training Calendar

All staff & faculty are invited and encouraged to attend.

"Opening Doors, Opening Minds" (Cancelled)

Tuesday, September 30, 2008, Noon – 1:00 p.m., Sunflower Room
Facilitator: Katie Rodriquez Banister, President, Access-4-All, Inc.

Katie shares her personal journey and perspective on living with a disability. Individuals and employers will benefit from her life story. Mrs. Katie Rodriguez Banister survived an auto accident in 1990 that left her a quadriplegic. After six months of rehabilitation and fifteen months of living with her parents, she returned to living independently in 1992. With her husband, Steve the two co-founded Access-4-All, Inc.

Panel Discussion (Cancelled)

Tuesday, October 29, 2008, Noon – 1:00 p.m., Sunflower Room
Facilitator: Panel Discussion

Women on the Go

Thursday, January 8th from 11:30 - 1:00, Sunflower Room
Facilitator: Dr. Georgia Ohlberg – Doctor of Chiropractic Medicine.
Like many women you may find yourself fighting the battle of your life for your life – for your very destiny. There has to be a way to live a life of sanity, happiness, health, and purpose, but how?

In the Women on the Go Program, you will learn:

- Nutrition secrets for looking and feeling your best – and that work for you and your family.
- Fast, fun, flexible exercises that work for any body.
- Time management techniques for getting more out of the day than you ever thought possible.
- All tailored to the real world of today's busy woman.

Advanced Directives - Beginning to a Better Ending

Thursday, February 12, 2009 from Noon – 1:00 p.m., Sunflower Room
Facilitator: Carolyn Harrison , MN, Education Director, Kansas Health Ethics, Inc.

Do not wait until a medical crisis occurs before discussing concerns about end of life treatments with your family and your doctor. Chances are that they may be waiting for you to start the conversation.

Talking with your family about end of life issues and life sustaining treatment can be emotionally challenging for all concerned. This presentation will give you tools to begin conversation with your family members about these issues and ways to express your

wishes. The format will include explanation of the Kansas Health Ethics resources, how to prepare a personalized Living Will, Durable Power of Attorney for Healthcare Decisions, and other directives.

Project Flow Management: The Art of Making Things Happen

Wednesday, February 18, 2009, 2:00 – 3:30 p.m., Sunflower Room
Facilitator: Jill Miller, owner of Creative Solutions Consulting

What keeps you from completing your "To Do" list? Jill will help you learn practical tips for how to stretch more out of your day, build collaboration with your coworkers, and creatively manage projects to make your life easier.

For the past ten years Jill Miller has learned how to keep the plates spinning, handling many different projects at a time while she helps entrepreneurs' dreams come true through her business development consulting company, Creative Solutions. With a passion for helping people reach their professional and personal goals, Jill helps fledgling business owners launch new ventures and seasoned business owners reach new possibilities. Partnering with businesses of all sizes, she provides strategic direction, proven business systems, creative training solutions.

Hiring Internationals at KUSM-W

Monday, March 2, 2009, 9:30-11:30 a.m., Meadowlark Room
Facilitator: Julia Shaw, Associate Director of International Programs
A presentation dealing with departmental responsibilities in hiring internationals.
Topics will include:
Explanation of immigration statuses;
How to request a status or work authorization (J-1, H-1B, EAD);
Prevailing wage determinations;
Visiting faculty appointments;
I-9 initial completion and updates;
Question and answer session.

KPERS – Your Questions Answered

Thursday, March 12, 2009, 2:00-3:30 p.m., Sunflower Room
Facilitator: Mel Abbott
This presentation will include information on KPERS retirement, life insurance, and disability insurance.

Surge Training

Tuesday, March 17, 2009; Noon – 1:00 p.m., Sunflower Room
Facilitator: Dr. Georgia Ohlberg
Surge Training (also referred to as Burst training) is when you perform a series of "surges" in your workout followed by the same period of rest. During each surge you are pushing your body to its maximum potential and then resting for the same duration you performed the exercise.

The Center for Disease Control (CDC) and the American College of Sports Medicine concluded in 1995 that intermittent, short surges of accumulated exercise increases the body's anaerobic capacity by 28 percent and increases oxygen intake. Using surge training for weight loss can help you achieve maximized results with targeted effort to drop pounds and inches and to gain a better quality of life.

Dress comfortably 'cause there will be some training going on!! You don't have to be an elite athlete to join this session!

Community Conversations (Cancelled)

Wednesday, April 15, 2008, Noon – 1:00 p.m., Sunflower Room
Facilitator: TBD

Building Your Most Effective Team (Cancelled)

Thursday, April 23, 2009; 9:30 – 11:00 a.m., Sunflower Room
Facilitator: Sue Castile, Executive Director, Diversity Kansas

Professional Development Day 2009

Wednesday, May 13, 2009, Sunflower Room
Staff Sessions (same presentation held twice): 10 a.m. – 11 a.m. & 2:00 p.m. – 3:00 p.m.
Manager's Lunch Session: 11:30-1:00 p.m.
Facilitator: Mr. David Naster

General Sessions - YOU JUST HAVE TO LAUGH!!

David will talk about how you just have to laugh through the tough times.
He will provide you with hands on tools to learn how to:
*think funny.
*identify the fears that prevent progress.
*manage them.
*use humor to disarm turbulent times.
*build a stronger team.

Leader's Lunch Session: Leadership Laughter

*Learn how to create and encourage laughter and fun within the workplace.
*Laughter begins with leadership!

Faculty Recruitment Seminar

Wednesday, May 20, 2009, 2:30-4:30 p.m., Sunflower Room
Facilitator: Lisa Brommer, HR Director & Sam Allred, Physician Recruiter Via Christi
Join Lisa & Sam as they explore the current state of academic recruitment and discuss best practices and strategies to assist with our recruitment efforts.

Please RSVP to Leona Johnson @ ljohnson7@kumc.edu. Refreshments will be served during the session.

Meeting on Common Ground (Cancelled)

Tuesday, May 19, 2009, 8:30-11:30 a.m., Sunflower Room
Facilitator: Chuck Romero, Diversity Coordinator, KUMC Human Resources