All UREC Staff Training  
August 16, 2018

**12:30 - 1:15**  
**Coug Helping Cougs - All Rooms**  
Presented by: Student Development Committee  
This session will cover mental health information for college students, warning signs for people who are not well, and ways staff can positively contribute to campus mental health.

As a result of this presentation, attendees will be able to:
1. Understand what mental health disorders are common on college campuses.
2. Recognize protective factors for mental health disorders.
3. Articulate how UREC staff positively contribute to campus mental health.

**1:20 - 2:05**  
**Barriers to Recreation - Women*s Center (Chinook 25); Access Center (Chinook 30); Multicultural Student Services (Chinook 22); GEISORC (Chinook 20); International Programs (Chinook 150)**  
Presented by: EDI and Campus Presenters  
Representatives from Women’s Resource Center, GIESORC, Access Center, International Programs, and Multicultural Student Center will help UREC staff understand campus barriers faced by the students that they serve. Attendees should select the room with the campus group they don’t know enough about.

As a result of this presentation, attendees will be able to:
1. Understand challenges faced by different groups on campus and specifically University Recreation.
2. Identify ways to reduce barriers at University Recreation and campus-wide.
3. Learn about ways in which our campus groups contribute to our campus community.
2:10 - 2:55
Live Well to Lead Well - Chinook 25
Presented by: Matt Shaw & Matt Atwell
What are the leadership traits that you utilize most often and how can you use those traits to become a more effective leader and increase the wellness in your life?

As a result of this presentation, attendees will be able to:
1. Identify personal values and effective leadership traits.
2. Identify how stress, physical health, and other factors of wellbeing affect leadership skills.
3. Recognize how leadership values and traits manifest themselves when put into practice.

Mindfulness for Health & Happiness - Chinook 30
Presented by: Joanne Greene
Discover how to reduce stress, increase focus, improve relationships and get more out of every day with mindfulness. We will practice mindful eating, mindful movement and progressive relaxation, as well as learn how to encourage participants to incorporate mindfulness into their lives. Snacks provided!

As a result of this presentation, attendees will be able to:
1. Describe what mindfulness means.
2. Explain how to develop a mindfulness practice.
4. Practice and cue mindful movement.

Sustainability for Everyday Superheroes - Chinook 22
Presented by: Jonathan Stahl & Jeff Elbracht
In this workshop, expand your knowledge of sustainability, explore the social, economic, and environmental effects of our daily choices, and identify opportunities to make positive change in your personal life, at work, or in the community.

As a result of this presentation, attendees will be able to:
1. Define sustainability.
2. Utilize your knowledge of sustainability to influence positive outcomes at work
3. Identify social, economic, and/or environmental impacts of your choices.
4. Describe UREC’s commitment to sustainability.
**Cougs Helping Cougs - Part 2 - Chinook 20**
Presented by: Melanie Rossetti
This presentation dives deeper into the mental health discussion from Cougs Helping Cougs Part 1. You will learn strategies for actively and empathetically listening to your peers and you will leave with tools and resources that will help you feel more confident having difficult conversations.

As a result of this presentation, attendees will be able to:
1. Develop strategies for listening and talking to peers in need.
2. Discover ways to approach a tough conversation.
3. Know which resources are available to themselves and their peers.

**Functional Wellbeing 2.0 - Chinook 150**
Presented by: Ramon Sodano
The presentation will be 50% lecture and 50% practical. I will first introduce students to the concept of Functional Range Conditioning (FRC) discussing briefly the role that force and movement play into the health of joints by way of manipulating the cells within. I will explain how force acts as the language of cells and how movement is what we say. I will also teach the difference between mobility and flexibility, and introduce the concept of active mobility. Then, for the second portion I will instruct students through a warm up routine known as Controlled Articular Rotations (CARs). This is a joint by joint approach that will teach students how well their joints are currently working, and how doing such a routine can enhance the health, and functioning of their joints. Finally, I will teach students how they can turn a simple CAR routine into a difficult workout through isometrics and irradiation.

As a result of this presentation, attendees will be able to:
1. Implement an easy routine to increase the longevity of their joints
2. Identify if a certain joint is dysfunctional and needs further investigation from a professional.
3. Articulate the importance of joint health in daily life as well as physical training.
**3:00 - 3:45**

To UREC and Beyond: Professionalism and the Skills Needed After UREC
- Chinook 20

Presented by: Leah Sanders & Haley Halkovic

Professionalism is more than just a learning outcome at UREC. It translates into your long term career. Whether you’re a lifer or here for a year, this session will unpack the layers of professionalism, explore what your future employers are looking for, and help translate this position to your career post college. Lastly, we’ll discuss and practice the art of resume writing in order to land you the job you’re really looking for. To UREC and Beyond!

As a result of this presentation, attendees will be able to:
1. Define professionalism.
2. Explore what are employers looking for.
3. Discuss how can UREC help you in your next position.

Privilege/Identity & The Customer Experience - Chinook 22

Presented by: Jordan Hunter

Ever wondered how your life experiences shape your daily interactions? Have you thought about how you can improve the patron experience at UREC? Are you still reading this? Well, if you answered yes to any of these questions you should come learn about yourself and how you can become more conscious of each interaction you have while at UREC!

As a result of this presentation, attendees will be able to:
1. Recognize how their identity affects interactions.
2. Comprehend how their perception of privilege can lead to misunderstanding others narrative.
3. Have the ability to effectively communicate with patrons/participants that they can not directly identify similarities with.
**Mindset: The New Psychology of Success - Chinook 25**
Presented by: Rachel Horras
This presentation will be focused around Carol S. Dweck's book Mindset: The New Psychology of Success. In this presentation will focus on the different types of mindsets and how they play a role in students lives, through work, relationships, and school.

As a result of this presentation, attendees will be able to:
1. Understand the difference between the growth and the fixed mindset.
2. Develop skills and an understanding on how to switch from a fixed mindset to a growth mindset.
3. Understand how the different mindsets play a role in an individuals life.

**Keys to Successful Customer Service - Chinook 30**
Presented by: David Grassi & Erica Chandler
In this presentation students will discover ways to deescalate various customer service conflicts. Students will also learn the importance of working in a team environment and how it relates to customer service.

As a result of this presentation, attendees will be able to:
1. Identify principles and guidelines of quality customer service.
2. Identify effective communication skills to use when facing customer service related scenarios.
3. Develop ways to respond to customer service conflicts.

**Conflict Management: Are you Content with Contentious Content? - Chinook 150**
Presented by: Arturo Gavilanes
Conflict is normal. Conflict is natural. We over emphasize avoiding conflict because it’s uncomfortable, but we benefit from looking to understand it. There won’t be any fist fights during this presentation, but you can definitely expect to be challenged.

As a result of this presentation, attendees will be able to:
1. Identify outcomes to conflict.
2. Understand their role in conflict.
3. Connect conflict to their personal lives and professional roles.