

# 2020 | StaffCon

For Staff. With Staff. By Staff.

## AU Staff Council's 5th Annual StaffCon

Tuesday, June 2

Online sessions scheduled from 10 a.m. to 4 p.m.

AU Staff Council is pleased to announce a *virtual* meeting in honor of the 5<sup>th</sup> Annual StaffCon, a forum for AU Staff to digitally connect, engage, and reenergize with their colleagues.

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### PROGRAM DETAILS + ZOOM ACCESS | JUNE 2

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**10:00 a.m. – 10:30 a.m.**

#### **Morning Energizer**

Join Recreational Sports and Fitness for a morning energizer right at your desk! Olivia Greer (Group Exercise Coordinator) will guide you through 30 minutes of desk yoga- Desk yoga includes breath work, meditation, and yoga postures to relieve tightness and tension in the neck, shoulders, back and hips. No equipment or experience necessary!

*Cosponsored by [AU RecFit](#)*

Trainer: [Olivia Greer](#), Fitness Coordinator, Group Exercise & Instructional Programs

Session Facilitators: [Chris Nasti](#), Assistant Director, Fitness and Wellness Programs and [Andrew Toczydlowski](#), Director Student Development and Services, Kogod School of Business and AU Staff Council Chair

**11:00 a.m. – 11:45 a.m.**

#### **Kindness in the Workplace**

Living in a volatile, uncertain, complex and ambiguous world is challenging. We are experiencing fewer resources, a changing relationship with time, and digital saturation. Our single most effective means to achieve organization success lies not in the detailed strategic planning or flawlessly executed programs, rather it lies in the environments we create. Kindness is simple. It is an intentional act that inspires drive and commitment among those on the receiving end. Its positive impact on program/department/organization mission and the people who deliver it is well-established, allowing for greater contributions in a world often marked by cynicism and doubt.

This session focuses on understanding how the concepts of kindness and gratitude can be used to harness our own intellectual and emotional skills to build better relationships and stimulate individuals and teams to serve our community more effectively.

*Cosponsored by [Key Executive Leadership Programs](#)*

Host: [Dr. Patrick Malone](#), Executive in Residence, School of Public Affairs; Director, Key Executive Leadership Programs

Session Facilitator: [Jennifer Tether](#), Assistant Director, SPA Key Executive Leadership Programs; Staff Council Staff Development and Recognition Chair

### **12:00 p.m. – 12:30 p.m. AhealthyU Cooking Demonstration**

Join AhealthyU for a virtual cooking demonstration! Stacey Marien and Sean Casey from the University Library will share their recipe for chocolate soufflé.

*Cosponsored by [AhealthyU](#)*

**Pre-Registration for this event with AhealthyU:**

<https://american.zoom.us/meeting/register/tJ0tceyuqD0iHdzD-Yfp5Ec-VkX10gQ1tiY>

### **1:00 p.m. – 1:45 p.m. | Session I – Breakout I AU Event Planners Panel: Virtual Events 101**

Whether your entire job is event planning, or you only manage a few special occasions per year, it is verily likely that these projects have been turned upside down. How do you translate an in-person experience online? How do you find the core value in each of these projects and still produce a meaningful experience? Join prominent AU event planners for a discussion about what they have learned in these last few months since going virtual.

Moderator: [Tess Saffar](#), Assistant Director, AD Conference Services, WCL

Panelists: Lisa Manning, Director of Events, SPA; [Charles LeGette](#), Assistant Director of Events, SPA; [Lindsay Studer](#), Program and Event Coordinator, CTRL

Session Facilitator: [Chelsey Anderson](#), Director Special Events, CAS Dean's Office; Staff Council CAS Liaison

### **1:00 p.m. – 1:45 p.m. | Session II - Breakout II Staying Centered and Sane during Challenging Times – Friendship, Fitness and Fun**

American University professor emerita Iris Krasnow delivers a hopeful message on “Staying Sane and Centered in Challenging Times” AT TIME AND DATE, that incorporate friendships, fitness and

making time for fun. Iris is the bestselling author of seven books, including her latest “Camp Girls: Fireside Lessons on Friendship, Courage and Loyalty.” She has been featured on Oprah, Good Morning America, the Today Show and several times on CNN. The mother of four grown sons, and an AU professor of 30 years, Iris considers her body of work described on [iriskrasnow.com](http://iriskrasnow.com) to be guides on how to navigate our most important relationships and life passages.

*Cosponsored by [AhealthyU](#)*

Host: [Prof. Iris Krasnow](#), Assistant Prof Emerita School of Prof and Extd Studies

Session Facilitator: [Andie Rowe](#), Director, Employee Wellness & Work-Life

### **1:00 p.m. – 1:45 p.m. | Session I – Breakout III** **What are my core values - and how can they help me set goals and be happier?**

Join this workshop to identify your top 3 core values, reflect on how you're honoring them at work and in life, and set goals to make your work more value- and purpose-driven. We'll also discuss how your core values inform your staff competencies related to the PMP.

Panelists: [Alyssa Best](#), Career Advisor, American University Career Center

Session Facilitator: [Ophira Bansal](#), Student Services Counselor, AU Central and Staff Council Administrator

### **2:00 p.m. – 2:45 p.m. | Session I – Breakout I** **Radical Self-Care during the time of COVID-19**

It seems that since the emergence of COVID-19, many of our worlds as we know it have drastically shifted. Many of us are experiencing heightened stress and circumstances that we haven't had to navigate before: from working from home, taking care of our families, video call fatigue, and the anxieties that can come from the fear of the unknown. In this session, we will focus on learning about radical self-care and tangible self-care strategies during this time. We will cover how to create a self-care plan with yourself and others, different healing modalities that are accessible/free, and what self-care and community care can look like in a rapidly changing and often challenging time.

*Sponsored by [AU Staff Council](#)*

Host: [Yoo-Jin Kang](#), Coordinator for Alcohol and Other Drugs Health Promotion & Advocacy Center and Strategic Communications Committee Chair, AU Staff Council

Session Facilitator: [Ophira Bansal](#), Student Services Counselor; AU Central and Staff Council Administrator

## **2:00 p.m. – 2:45 p.m. | Session I – Breakout II**

### **Help! I'm sitting too much! Corrective Exercises for the Home Office**

Sitting at a desk for extended periods of time can lead to tight muscles, which can eventually lead to muscle imbalances. This presentation will briefly touch on the science behind muscle imbalances and how fitness professionals design custom exercise programs to help address these imbalances. We will then shift gears to discuss the specific imbalances commonly seen in office workers. Participants will leave the session with the ability to self-identify common muscle imbalances and feel confident performing stretches that can help alleviate those imbalances. Participants will be invited to practice some stretches during the presentation, but activity is optional.

*Cosponsored by [AU RecFit](#)*

Trainer: [Chris Nasti](#), Assistant Director, Fitness and Wellness and [Bob Beahm](#), Fitness Facility Coordinator

Session Facilitator: [Chandni Ramwani](#), Assistant Director, Special Events, Office of the President and AU Staff Council member

## **2:00 p.m. – 2:45 p.m. | Session I – Breakout III**

### **Ideas, Action, and Service in OUR Community**

Although they may only be here for a few semesters, our students are constantly encouraged to participate in service initiatives to effect positive change in DC; yet, as professionals, many of us find it challenging to identify and engage with causes that we support in our community. This session will introduce you to two AU staff members who volunteer their time and talent to organizations including the National Breast Cancer Coalition and Children's National Hospital. You will also hear from the Director of Patron Experience, who coordinates volunteer ushers and docents, at the Strathmore Music Center. Regardless of the cause that inspires you and the impact of the recent pandemic, this panel will motivate you to act!

Panelists: [Allison Alonzy](#), Director of Patron Experience, Strathmore Music Center; [Sarah Beamish](#), Assistant Director Annual Giving, Office of Development; [Wanda Lucas](#), Assistant Director Career & Professional Development, Kogod Office of Career Engagement

Session Facilitator: [Daniel DeHollander](#), Assistant Director Career & Professional Development, Kogod Office of Career Engagement

## **2:00 p.m. – 2:45 p.m. | Session I – Breakout IV**

### **Emotional Intelligence**

Assess your emotional intelligence level and explore how you can better handle emotions more productively and cope with new situations as they arise.

*Cosponsored by [ASuccessfulU](#)*

Hosts: [Matthew Schwartz](#), Talent Management Consultant, and [Michelle Frederick](#), Senior Director of Talent Development

Session Facilitator: [Amber McClay](#), Assistant Director, Student and Young Alumni Engagement

### **3 p.m. – 4 p.m. Social Break “Sip n’ Paint”**

Everyone is an Artist! As kids we took every opportunity to be creative and without fear. Yet as adults, we so often convince ourselves to not even pick up the pen and paper. What secret do kids know that adults have forgotten? The answer is simple! Kids create because the *experience* of drawing and painting is fun, and they *do not care* what it looks like in the end. So bring out your inner-child, dust off your art supplies, grab your coffee or afternoon tea and lets be creative together through an artist-led painting and drawing session!

*Sponsored by [AU Staff Council](#)*

*Two Ways to “Sip N’ Paint”:*

- 1) **Artist-led “Mindfulness Drawing” Option:** Only Requires a pen & paper (colored pencils and or crayons optional)

*Supplies Note: most grocery stores carry colored pencils, crayon, markers and heavy weight drawing paper*

- 2) **Artist-led “Paint Night” Option:** *Break out the craft bin and find the following supplies:*
  - **Paint:** You will need Red, Blue, Yellow, White, and Black (Acrylic or Tempera is perfect!)
  - **Brushes:** You will need one (1) brush that is roughly an inch wide and one (1) smaller brush with a point, for detail (see supplies list for examples).
  - **~16x20in. Canvas or Paper:** A heavier weight paper will work fine. Thinner paper is likely to wrinkle when it gets wet (which can be flattened after it dries). The thicker the paper, the better! You can also buy a cheap 16x20in (or similar size) canvas online at Amazon or Michaels.
  - **Misc. Supplies:** water cup, paper towel, paper plate for mixing, newspaper to keep your space clean

Order Supplies from [Amazon](#) or curb-side pick up at Michaels – *order soon!*

Host: [Chelsey Anderson](#), Director Special Events, CAS Dean’s Office; Staff Council CAS Liaison

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