

# UMKC 2018 SUMMER DEVELOPMENT SERIES

Join us for Saint Luke's LIFEWISE-The Mindful Choice: Move from Reaction to Intention. Presented by Roseanne Corley, LPC, LCPC, CPC.

AND

Change Your Questions, Change Your Life—The Power of Question Thinking: This workshop provides an overview of the book *Change Your Questions, Change Your Life—12 Powerful Tools for Leadership, Coaching, and Life* by Marliee Adams, Ph.D. The book is available on myLearn, also available as an Audio Book.

AND



## WELLNESS POINTS

The following instructor-led courses are eligible for 25 Wellness Points. There is a maximum of 100 points for this category.



- *Change Your Questions Change Your Life: 12 Powerful Tools for Leadership, Coaching and Life*
- Saint Luke's LIFEWISE – The Mindful Choice: Move from Reaction to Intention
- Thrifty Estate Planning
- Creating Inclusive Communities
- Active Shooter/Hostile Intruder
- Supporting Colleagues with Mental Illness
- Emotional Intelligence
- Planning to Retire Someday? How to Have More!
- A Wrinkle in Time: A Guide to Using Time Well
- Managing Your Finances
- Managing Your Career
- Diversity Walk
- Campus History Walk with Chris Wolff
- Choosing to Eat Mindfully
- UMKC Benefits – Wellness & Program Resources

### Presented by the UMKC Office of Diversity & Inclusion:

- Embrace Diversity
- Understanding Privilege and Its Impact
- The Science of Unconscious Bias and its Professional Implications
- Communicating Respectfully in a Diverse World
- Crucial Conversations

### Additional sessions to attend:

- How to Protect yourself and the University of Missouri's Records
- Taking PowerPoints to the Next Level
- Web Accessibility for Beginners
- Outlook Organizer

The **Summer Development Series** is coordinated by UMKC - Human resources. Course list with sessions and descriptions is located on [myLearn](#) at UMKC Summer Development Series. Contact the UMKC HR Service Center at 816-235-1621 or Susi Mickey at [mickeysu@umkc.edu](mailto:mickeysu@umkc.edu) for assistance.

**[CLICK HERE TO ENROLL](#)**

Registration and additional information for these courses is in [myLearn](#) UMKC Summer Development Series. Contact the UMKC HR Service Center at 816-235-1621 or Susi Mickey at [mickeysu@umkc.edu](mailto:mickeysu@umkc.edu) if you need assistance.

**\*Eligible for 25 [Healthy for Life](#) wellness points, there is a maximum of 100 points for this category.**

COURSE TITLE	DATE	TIME	CAMPUS/BLDG. ROOM
*Managing Debit	8/28/18	1:00 - 2:30 pm	AC Plaza Room
*Choosing to Eat Mindfully	8/29/18	1:00 - 2:00 pm	AC Plaza Room
*Choosing to Eat Mindfully	8/29/18	3:00 - 4:00 pm	SOM Theater B
*LIFEWISE - The Mindful Choice: Move from Reaction to Intention	9/4/18	1:30 - 2:45 pm	HSB Room 5309
*Thrifty Estate Planning	9/11/18	10:30 - 11:45 am	AC Plaza Room
*Planning to Retire Someday? How to Have More!	9/11/18	1:00 - 2:00 pm	AC Plaza Room
*Emotional Intelligence	9/12/18	9:00 - 11:30 am	HSB Room TBA
*Emotional Intelligence	9/18/18	1:00 - 3:30 pm	AC Plaza Room
*Volker Campus Historic Walking Tours	9/19/18	8:00 - 9:30 am	South Entrance of Atterbury Student Success Center
*Volker Campus Historic Walking Tours	9/21/18	12:00 - 1:30 pm	South Entrance of Atterbury Student Success Center
*Volker Campus Historic Walking Tours	9/25/18	12:00 - 1:30 pm	South Entrance of Atterbury Student Success Center
*Active Shooter/Hostile Intruder	9/28/18	12:30 - 1:30 pm	Police Department