Run the Bases: Hit It Out of the Ballpark (Pre-recorded Webinar)

May 8: If you are a leader of a department or committee, teach students, or are in the service industry, this video is for you! From the day we were born, we were selling something. Embrace that selling is not a bad word and learn how to run the bases through listening, telling stories, and gaining credibility to sell ideas, knowledge, and services. Register for this 20 minute video!

Stress Busters: Winning the War on Stress (Pre-recorded Webinar)

May 6: Watch, listen, and learn strategies to minimize the head trash and negative self-talk ... and manage the good stress! Discover the strategies to write expressively, find “your worry spot”, belly breathe, eliminate negative beliefs, develop positive self-talk, harness your Emotional Intelligence, practice active listening, and find humor in everyday life. Register for this 20 minute video now!

Coach Yourself to a Brighter Future (Pre-recorded Webinar)

May 13: Watch and understand what coaching is and how you can use its principles yourself and with others if you lead. Learn five powerful strategies to benefit you both personally and professionally by focusing on skills and knowledge and maximizing your environment. Also, learn how to eliminate or reduce the fears preventing you from achieving your goals and keep negative people from zapping your energy. Register for this 24 minute video now!
**PRODUCTIVITY ENRICHMENT**

**Whole Brain Thinking and Mind Mapping: Tools for Success**
*(Pre-Recorded Teleseminar)*

**May 5:** Gain an understanding of right-brained, left-brained, and whole brain thinking. Assess your whole brain quotient and have a firm understanding as to why this is important. Learn how to get your teams to think with their whole brain and tap into how to use divergent and convergent thinking to come up with the best solutions. [Register for this 50 minute teleseminar now!](#)

**ADDITIONAL OPPORTUNITIES**

**Green Dot Bystander Training for Faculty and Staff** *(Facilitator Led)*

Often when we think about sexual assault on our campus, the emphasis is on our students and what they can do. We believe that while students play a part in sexual assault prevention, faculty and staff play a vital role in establishing and reinforcing community norms. The Green Dot Program is creating new norms to let students, faculty, and staff know that 1. Violence will not be tolerated and 2. Everyone is expected to do their part. This bystander training will give participants the tools to change our culture and decrease the number of people getting hurt.

*NOTE: Trainings will be held from 10am-noon in Sykes 115.*

[Click to register for the session on 5/11.](#)
[Click to register for the session on 5/13.](#)

**NEW Employee Welcome** *(Facilitator Led)*

**June 4:** This highly interactive half-day program is designed to help new staff successfully transition to WCU. President Weisenstein welcomes and shares University mission, vision, strategic plan, and importance of Distributed Leadership. Enjoy a van/walking tour of the campus and an interactive game show about what the campus has to offer. Finish off your experience with a networking luncheon. [Register for June’s New Employee Welcome!](#)
Summer Book Club: Sometimes You Win, Sometimes You LEARN!

Bestselling Author John Maxwell will help you approach failure the right way in his book titled, “Sometimes You Win, Sometimes You LEARN!” While people are usually ready to talk about their dreams and successes, they are not well prepared to answer a question about their shortcomings. Successful people approach losing differently. They don’t try to brush failure under the rug. Their attitude is never “sometimes you win, sometimes you lose.” Instead they think, “Sometimes you win, sometimes you LEARN.” They understand that life’s greatest lessons are gained from our losses.

If you are interested in participating in a four week book club exploring John Maxwell’s bestselling book “Sometimes You Win, Sometimes You LEARN,” please contact Lindsay Bishop at lbishop@wcupa.edu. The first eight registrants will receive a copy of the book.