

MAY 2024 OFFERINGS

Professional Development & Wellness Wednesdays

HUMAN RESOURCES



May 8, 2024, 1:00 – 2:30 PM

WELLNESS WEDNESDAY - Self Awareness and What It Means to You



Interactive session on building or enhancing self awareness and strategies for finding balance. In this session participants will learn why self awareness is so important through exploring it's benefits and will be provided practical tips through exploration of self, beliefs, needs and challenges to help manage emotions and feel empowered.

(Virtual)

May 14, 2024, 1:00 – 3:00 PM

How to Be a Good Ally



Whether you are new to allyship or seeking to enhance your existing skills, this session will provide you with the tools, knowledge, and inspiration to be a more effective ally. The UWinPride Committee will take you on a journey toward creating a world where everyone is valued, respected, and included. Together, we can make a meaningful difference.

(Virtual)

May 21, 2024, 1:00 – 3:00 PM

From Do to Done: Managing Your Workload



It is important to manage your workload as it can help you achieve your goals more efficiently and effectively, as well as improve your well-being and job satisfaction. This session will explore common difficulties you may face when attempting to manage competing work-related responsibilities. Participants will learn strategies to effectively manage multiple priorities and reduce 'mental clutter' to stay focused and attentive to gain greater control over their workdays.

(Virtual)

May 23, 2024, 1:00 – 3:00 PM

Inclusive Language in Service Delivery



Inclusive language acknowledges the diversity around us and helps convey respect to all people; it avoids biases, slang, or expressions that discriminate against and exclude groups of people based on race, gender, age, or socioeconomic status. This session will highlight examples of inclusive language to ensure that everyone on campus feels welcomed, valued, and empowered.

(Virtual)

May 28, 2024, 1:00 – 3:00 PM

Journeying Down a Path of Understanding: Treaty Education in Ontario



Join us for an enlightening and immersive workshop session on Treaty Education in Ontario, designed to deepen your understanding of the historical and contemporary significance of treaties. In this interactive and thought-provoking workshop, participants will embark on a journey through Ontario's rich Indigenous history, exploring the foundational role of treaties in shaping the province we know today. Whether you are an educator, community leader, policymaker, or an individual passionate about advancing Indigenous reconciliation, this session promises to be a learning experience. Join us in the quest for knowledge, understanding, and meaningful action on a journey to learn about Treaties in Ontario.

(Virtual)



Register at: met.uwindsor.ca/hr/workshops



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