

University Staff Conference Agenda

Friday, October 28, 2016

Tundra Lodge

<http://www.tundralodge.com/>

865 Lombardi Avenue, Green Bay, Wisconsin

7:30am – 8:30am	Registration Hot Breakfast [included]
8:30am – 8:45am	Welcome – Provost Greg Davis
8:45am – 10:00am	Break-out Session I <i>Kenneth T. Wolinski - Halfway There: A Retirement Checkup</i> <i>Liysa Callsen - Improv Everyday - Keeps the Doctor Away!</i> <i>Randy Fox - Get a Life!</i> <i>Samantha Goeller & Hannah Hargis - Flex & Focus: Conquering the Workday Doldrums Through Mindfulness and Movement</i>
10:00am – 10:15am	Break
10:15am – 11:30am	Break-out Session II <i>Roy Raush - Your Wisconsin Retirement System (WRS) Benefits</i> <i>Liysa Callsen - Fear Smashing, Goal Blazing</i> <i>Randy Fox - The Best Team Wins</i> <i>Don & Mary Ann Sallenbach - Eat Better, Live Better!</i>
11:30am – 12:00pm	Mystery Session
12:00pm – 12:45pm	Lunch [included]
12:45pm – 2:00pm	Break-out Session III <i>Chastity Hartl - Identity Theft: What <u>YOU</u> Can Do!</i> <i>Amy Wolf & Heidi Fencl - Bees, Bales and Your Own Backyard</i> <i>Kerry Geocaris & Brad Bordini - Working in Mindfulness Methods</i> <i>Sensei Blue & Guro Maternowski – Martial Arts: Creating a Safety Net!</i>
2:00pm – 2:15pm	Break
2:15pm – 4:00pm	Keynote <i>Kerry Geocaris & Brad Bordini - Joyriding: Find Your Star and Follow It</i>
4:00pm – 4:30pm	Closing Remarks and Prizes

Thanks for coming!!

Hope to see you next year ☺

<http://www.uwgb.edu/univstaffgov/>