

APRIL 2024 OFFERINGS

Professional Development & Wellness Wednesdays

HUMAN RESOURCES



April 4, 2024, 1:00 – 3:00 PM Building Your Communication Toolbox



Communication can help create and maintain a respectful work environment, where employees feel valued, included, and supported. This session will help participants learn communication behaviour and enhance essential communication skills in the workplace, as well as offer useful tips for online communication and meetings.

(Virtual)

April 9, 2024, 1:00 – 3:00 PM Microaggressions



Microaggressions are tiny yet impactful acts of discrimination that permeate our daily interactions, often unnoticed. UWinPride Committee will delve into the world of microaggressions, shining a light on these subtle biases that can have profound consequences on individuals and communities.

(Virtual)

April 11, 2024, 9:00 – 10:30 AM Introduction to Fraud and Whistleblower Concepts

This session will provide an introduction to basic fraud and whistleblowing concepts, and demonstrate the University's whistleblower reporting platform; presented by Internal Audit and Finance.

(Virtual)

April 17, 2024, 1:00 – 2:30 PM WELLNESS WEDNESDAY - Self-care Strategies



In this workshop, you will learn how to develop a self-care plan that suits your needs and preferences, and how to incorporate it into your daily routine. You will also learn how to identify and overcome the barriers and challenges that prevent you from practicing self-care. You will also learn how to recognize and respond to the signs of stress, fatigue and burnout, and how to seek help when needed.

(Virtual)

April 23, 2024, 1:00 – 3:00 PM Tips for Writing a Meaningful Land Acknowledgement



A Land Acknowledgment is a way of honouring the Indigenous Peoples who have been living and working on the land we currently occupy. It is a statement that shows respect for their unique relationship with the traditional territories and that recognizes them as traditional stewards of the land we reside on. This session will help you understand the meaning of the Land Acknowledgment and address important elements in writing this significant statement to help you make it meaningful.

(Virtual)

April 25, 2024, 1:00 – 3:00 PM Skills to Resolving Conflict



Interpersonal relations, differences of opinion and other types of disagreements can lead to a conflict in the workplace. Participants in this critical skill-building workshop learn about the effects of workplace conflict and how to distinguish between positive and negative ways of handling conflict. Participants will gain an understanding of a conflict resolution model and are encouraged to create an action plan to effectively deal with workplace conflict. This workshop will also teach techniques and strategies for managing difficult interactions.

(Virtual)

April 30, 2024, 9:00 – 11:00 AM Recovery Allyship and Supporting Students Who Use Substances



Recovery Ally Training is designed to increase understanding of addiction, decrease stigma and bias associated with it, and to provide specific tools and language for effective allyship. During this session, facilitated by Lancers Recover staff, participants will use a recovery-informed lens to understand ways in which they can better support students who use substances or are in recovery from substance use.

(Virtual)



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



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