How to Become a Dynamic Mediasite Presenter (Pre-recorded Webinar)

September 30: If you are expected to impart your technical knowledge to others in formal or informal settings, then this webinar is for you. Learn how to apply the eight step “design and execution” training model—assess the training needs, set objectives, gather information, establish training method and design materials, design and produce a training evaluation, review evaluations, and modify the program. CLICK to register and gain access to this video.

Strengthening Your Emotional Intelligence (Pre-recorded Webinar)

September 28: Learn the brain science behind Emotional Intelligence (EQ). Understand the importance of EQ in the workplace, review and assess the five Emotional Intelligence skills, and become aware of your own EQ triggers. There is one thing that we are in control of--our attitude! Strengthen your EQ and help others do the same so that we can create an environment of candor and successful outcomes. CLICK to register and gain access to this webinar.

How to Become a Dynamic Trainer (Pre-recorded Webinar)

September 19: If you are expected to impart your technical knowledge to others in formal or informal settings, then this webinar is for you. Learn how to apply the eight step “design and execution” training model—assess the training needs, set objectives, gather information, establish training method and design materials, design and produce a training evaluation, review evaluations, and modify the program. CLICK to register and gain access to this video.

COMMUNICATION ENRICHMENT

Over 90% of programs offered can be accessed and shared 24/7.

CLICK to register online or call (610)738-0476 or email orgdev@wcupa.edu.
A Positive Moment with Jon Gordon (Pre-recorded Webinar)

September 17 – October 15: Listen to bestselling author and speaker Jon Gordon over a five week period as he shares quick positive messages you can apply within yourself, with your team and department, and in your daily personal experiences. Listen at any PC or download audios to your MP3 player. Jon is the author of The Wall Street Journal bestsellers such as “The Energy Bus”, “The No Complaining Rule”, “The Seed,” and his latest “The Positive Dog”. CLICK to register.

Good To Great with Jim Collins (Pre-recorded Teleseminar Series)

September 23 – October 21: Jim Collins, author of the international best seller Good to Great, addresses how you can improve your team using the principles from his extensive research and writings. Learn the concepts that take you from good to great, the characteristics of level 5 leaders, how to produce the best long-term results, the things you and your team can do to build greatness, and the value of looking at what is working and what needs to be reassessed. CLICK here to register for this 5-part teleseminar series.

The Leadership Challenge (Pre-recorded Teleseminar Series)

September 27 – October 25: Learn and apply the five founding principles in Kouzes and Posner’s bestselling book, "The Leadership Challenge." 1) Model the Way 2) Inspire a Shared Vision 3) Challenge the Process 4) Enable Others to Act 5) Encourage the Heart. Make these five principles a part of your everyday success! CLICK to register and listen.

Reframing Success and Goal Setting (Pre-recorded Teleseminar)

September 20: Gain access to this 40 minute teleseminar that helps listeners focus on what went right by taking the "Litmus Success Test" and gain free goal setting resources so that you can experience future success in all facets of your life! CLICK to register and share with those who can help you succeed.
PRODUCTIVITY ENRICHMENT

Clock Tamers: Beat the Clock Before It Beats You  
(Pre-recorded Webinar)

**September 21:** In this 20 minute pre-recorded webinar, watch, listen, and learn how to beat the clock before it beats you! Gain the strength and strategies on how to say no; assess ten competencies that are linked to effective time management; learn how to manage information in a way that makes sense; become disciplined in managing interruptions; gain the five strategies that will help you beat the clock; and ask yourself the questions that will help you avoid procrastination. [CLICK] to register and gain access to this video.

WELLNESS ENRICHMENT

Maintain Your Mind  
(Email Campaign)

**September 15 – October 20:** This 6-week health challenge e-newsletter campaign is designed to empower individuals to take steps to preserve and promote brain health across the lifespan. Participants will learn about "brain basics", explore the lifestyle factors that contribute to maintaining a sharp, active and optimally functioning mind and discover how to integrate brain boosting activities into their daily routine. [CLICK] to register.

BeeFit: Living Healthy, Living Well  
(Facilitator Led)

**September 27:** BeeFit is a 16 week weight management program that informs, empowers, and motivates you to live mindfully as you make daily choices. With the help of Phyllis Bullins (registered nurse, nutritionist, and founder of the BeeFit program), you will learn how small changes in your lifestyle can make a huge impact on your health and well-being. The knowledge and team support you receive will help you achieve and maintain a healthy weight without deprivation and live healthy for life. Losing weight is only a small part of your journey - feeling better, having more energy, and becoming more mindful are all positive changes you can expect.

Sessions are held on **Tuesdays (starting September 27th) from 12-1pm.** Location TBD. The cost of the program is only $160 ($10/session). Each class begins with a confidential weigh in, followed by a nutrition class.

[CLICK] to reserve your seat!
ADDITIONAL OPPORTUNITIES

Promote Your Programs through the PASSHE Academy (Pre-recorded Webinar)

**September 14:** Do you know that the State System of Higher Education has an online learning registration system with access to over 100 face to face and virtual programs every year? Not only can you register for a class, but you can promote your own programs to all 14 state universities and Office of the Chancellor. [CLICK](#) to register to watch this five minute video and learn how!

Social Security Simplified (Pre-recorded Teleseminar Series)

**September 22:** Take the guess work out of Social Security. This two part teleseminar (40 minutes each) will equip you with the knowledge needed to better understand Social Security benefits. [CLICK](#) to register and listen anytime during these two weeks.

Bullying in the Workplace with Leah Hollis (Pre-recorded Webinar)

**September 29:** Leah Hollis, PhD., author of “The Bully in the Ivory Tower,” shares what bullying is and offers insights to the problem in the workplace. Gain strategies on how to manage it through personal and organizational solutions. [CLICK](#) to register for this 10 minute webinar.

Disney's Approach to Quality Service (Facilitator Led)

**September 20:** Great customer service isn’t magic – it’s a science. When an organization properly unites its people, places and processes by putting the customer at its core, exceptional service becomes possible across customer touch points. Through real-world examples from within The Walt Disney Company, you’ll learn just how important it is to truly understand your customer’s expectations and put the right guidelines and service standards in place to exceed them. Join other WCU employees to learn from Disney trainers how we can build on our excellent customer experience and transform insights into action using the creative, empowering, and inspiring methodology of the Disney Institute. This seminar will be held in Sykes 005 from 9-10:30am. [CLICK](#) to reserve your seat!
New Employee Welcome *(Facilitator Led)*

This highly interactive half-day program is designed to help new staff successfully transition to WCU. Interim President Christopher Fiorentino 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.

CLICK to register for October 13.

CLICK to register for November 17.

The WCU Office of Training and Organizational Development offers these programs and much more. We also provide valuable just-in-time resources via social media.

LIKE us on Facebook. JOIN us on LinkedIn.