Minimizing Public Speaking Anxiety *(Email Campaign)*

**October 5:** Public speaking is a valuable skill that can be used at home, work, or in your community. Learn how to present your wisdom and share ideas with others without the anxiety that comes along with public speaking. Check out these 13 +1 tips to reduce stress before giving a presentation. [CLICK](#) to register.

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**Business Writing Basics and Common Grammatical Mistakes (Pre-recorded Webinar)**

**October 19:** There are major pitfalls surrounding business writing that can not only hurt your credibility, but also impact your end results. Learn how to overcome these pitfalls and effectively convey bad news, request information, persuade others to take action, and provide information in a written communication. In this teleseminar, we also will cover common grammatical mistakes such as: misused words, punctuation, capitalization, and subject verb agreement. [CLICK](#) to register for this 10 minute webinar.

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**Transforming Negaholics (Pre-recorded Teleseminar)**

**October 24:** Learn how to transform the negativity in yourself and your organization. The result is a more engaging, productive and fun atmosphere. [CLICK](#) to register and gain access to this 30 minute teleseminar.

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Over 90% of programs offered can be accessed 24/7 from the distribution date. [CLICK](#) to register online or call (610)738-0476 or email orgdev@wcupa.edu.
LEADERSHIP ENRICHMENT

International Leadership Podcast Series *(Pre-recorded Teleseminar)*

October 5 – October 26: Michael Hyatt, CEO of Intentional Leadership, discusses the characteristics of authentic leadership, ways to build trust as a leader, how to create alignment between you and your team, and how to navigate change in four 30-40 minute teleseminars. CLICK to register.

How To Build and Lead High Performance Teams *(Pre-recorded Webinar)*

October 26: Does your team/department consistently deliver results far beyond your expectations and theirs? Are members engaged and working synergistically even during conflict? Learn key strategies to create that environment which maximizes individual and team/department success. CLICK to register and gain access to two 15-20 minute webinars.

PERSONAL ENRICHMENT

Five Things Holding You Back from Career Transition *(Pre-recorded Webinar)*

October 3: There are often 5 big things that hold us back from making a change in our career, and if you can get past them, you’d be amazed at what happens. This 15-minute podcast from career coach Christie Mims teaches participants about these fears and how to apply a few valuable tools. CLICK to register.

Learning to Thrive in Times of Change *(Pre-recorded Teleseminar Series)*

October 11 – October 25: Elaine Kempski is a speaker, certified coach and founder of Inner Journey Coaching. In this three part teleseminar series, she shares how to move through personal and professional change with clarity and confidence. In just 15-30 minutes, you will gain valuable insights and new perspectives on how to thrive in times of change and learn how to view change as an accelerator for personal growth. CLICK to register.
Re-Awaken the Giant Within Virtual Book Club (Email Campaign)

October 8 – November 5: Anthony Robbins is the nation's leader in the science of peak performance. In his book, *Re-Awaken the Giant Within*, he shows you his most effective strategies and techniques for mastering your emotions, your body, your relationships, your finances, and your life. Robbins provides a step-by-step program teaching the fundamental lessons of self-mastery that will enable you to discover your true purpose, take control of your life and harness the forces that shape your destiny. Over a five week period, you will be given questions to ponder as you dive deeper into the book and “re-awaken the giant within.” [CLICK](#) to register.

PRODUCTIVITY ENRICHMENT

Intentional Personal Development Podcast Series
*(Pre-recorded Teleseminar Series)*

October 16 – November 13: Michael Hyatt, CEO of Intentional Leadership, will help you on improving your awareness, developing your talents, and reaching your full potential. Learn to become a happier person, think better, build new habit, choose the right response, and discern your calling. [CLICK](#) to register.

Process Improvement: It’s Everybody’s Business
*(Pre-recorded Webinar)*

October 10: Watch, listen, and learn what Lean Six Sigma is and how it can help your operations; explore how to apply five Lean Six Sigma Strategies; recognize the potential barriers to implementing Lean Six Sigma; learn how to maximize buy-in and commitment; and eliminate the eight wastes in your day to day operations. [CLICK](#) to register.

Succeeding in an Uncertain Economy: Improve Your Operations
*(Pre-recorded Teleseminar)*

October 29: You can develop the best business strategy and hire the best talent and still fail. Tap into proven tools to successfully implement business improvements including process mapping techniques, documentation of standard operating procedures, elimination of wasteful practices, and value-added vs. non-value added activity analysis. [CLICK](#) to register for this 40 minute teleseminar.
**WELLNESS ENRICHMENT**

**WCU Employee Flu Vaccine Clinic**

**October 9:** The 2018-19 Flu Vaccine Clinic will be held in the Sykes Student Union, Room 115 on Tuesday, October 9, 2018 from 8:30 am to 3:30 pm. The vaccine is offered to employees at no cost. Please print out the **Consent Form** to bring with you to the clinic and read the **Vaccine Informational Sheet** (view the **Spanish version**). Questions? Contact Vicky Giunta at vgiunta@wcupa.edu.

**CLICK** to reserve your spot!

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**Arthritis Management and Prevention** *(Pre-recorded Webinar)*

**October 25:** Gain knowledge about the definition and mechanism of osteoarthritis, how to protect your joints, and how to get started with your journey of arthritis management and prevention. **CLICK** to register and gain access to this 20 minute webinar.

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**BACK BY POPULAR DEMAND!**

**BeeFit: Living Healthy, Living Well** *(Facilitator Led)*

**October 23:** 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 will be held on Tuesdays from 12-1pm beginning October 23rd. The cost of the program is only $160 ($10/session). Each class begins with a confidential weigh in, followed by a nutrition class.

**Please note:** A minimum of 15 participants is required to begin the program. Confirmation of start date and location will be sent via email.

**Register here to reserve your spot!**
**ADDITIONAL OPPORTUNITIES**

**New Employee Welcome (Facilitator Led)**

This highly interactive half-day program is designed to help new staff successfully transition to WCU. President Christopher Fiorentino welcomes and shares the University mission, vision, and strategic plan. 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 our next session on **October 3rd**.
CLICK to register for our next session on **October 31st**.
CLICK to register for our next session on **November 7th**.

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.