**Staff Recognition Week Seminars**

**Taking care of your finances**
Presented by: Bob Almony & Beth Steele

This course deals with misconceptions about money management, your net worth, and tracking your cash flow each month. Learn to set up a real budget, handle debt, and discuss the 10 leading causes of overspending. We will review the overall personal budget process.

**Investing on a Shoestring**
Presented by: Bob Almony & Madalyn Gramke

Learn the principles of investing for the long-term accumulation of wealth, especially for a comfortable retirement. We will discuss the issues of 403(b), IRA, Roth IRA, 401(k), 456, etc., and which one you should use in your retirement planning and why.

**Chair Yoga**
Presented by Kate Walker

Learn how to do a gentle form of yoga sitting in a chair. This class will provide breath techniques, as well as sitting and standing postures that stretch your arms, legs, torso, feet and shoulders. These postures can be performed in your office or home and are suitable for people who need modified postures due to health-related issues.

**Understanding Retirement**
Presented by Cari Lyman

Retirement, for most people, can last a long time. Come to this session and learn about your options, and begin to evaluate the many resources that are available to you.

**Global Nutrition and Culture**
Presented by Kristen Hasan

In this course we will go on an international journey through Asia, Africa, and South America learning about customs, health beliefs and the diets of many of the cultures we experience here at Mizzou and in Columbia. This course includes samples of different international foods.

**Mindful Eating - consciously Creating a Healthier Relationship with Food**
Presented by: Lynn Rossy

Do you snack without noticing that you’re eating? Do you have trouble not eating certain foods if they’re around the house? Do you eat to feel better, when you’re bored, or when you’re stressed? Do you have a hard time not overeating? Do you eat when you’re not hungry? Are
you tired of the endless diets that don’t work? If you answered “yes” to any of these questions, this workshop will have some ideas for you. Based on mindful eating research and a non-diet approach to weight management, you will learn and gain the resources you need to help you discover the pleasure of eating and treating your body with respect.

**Box and the Ipad**  
Presented by Melinda Wolverson

Box is Mizzou’s answer to the cloud. Learn how Box works on both the Computer and the iPad.

**Citizen’s repronse to Active Threats**  
Presented by MUPD Staff

In response to growing concern about Active Shooter/Active Threat incidents across the nation, the University Police Department now offers a course that trains members of the community in how to respond when confronted with an active killer. The Citizens’ Response to Active Threats program is a comprehensive approach advocating integrated strategies that incorporate Environmental Design, Technology & Communication, Law Enforcement Response, and most importantly, ACTION by those in immediate danger because they are the real First Responders. Many of us have trained since childhood for other emergency situations such as fires, tornadoes, and earthquakes. We have trained for these emergencies knowing the likelihood of such an occurrence is slim. Like fires, tornadoes, and earthquakes, active threat incidents, while uncommon, can have fatal consequences. Training for active threat incidents increases our chances of survival if the unexpected occurs.

**Retirement - It’s Getting Close**  
Presented by Total Rewards

During the seminar, you’ll learn more about the Retirement, Disability, and Death Benefit Plan, payment options under the plan, insurance options available after retirement and learn how to start the retirement process. It is recommended that you prepare an online retirement estimate using the retirement calculator to bring with you. The retirement calculator can be found through myHR: self-service/personal information/retirement calculator.

**Building Relationships**  
This session explains Wynne's model on relationship development. It officially has five steps; we will focus on the first four for business applications. The model basic and so allows for good discussion and application. Participants will be able to apply their ideas to their own experiences. The steps are:  
1. Caregiving/Attachment- emphasize how we must care for each other to begin building relationship connections  
2. Communication- emphasize the importance of coming to know each other
3. Problem-solving- emphasize the importance of daily living and working together, small to large tasks
4. Mutuality- emphasize the experience of commitment, being in it together no matter what
5. Intimacy- (could address regarding the appropriateness of open personal disclosure, especially between people of different status within the system)

This session will introduce some new ways to understand common experiences, allow for some questions and discussion, and it is foundational for future offerings regarding interpersonal behaviors.