

University Staff Fall Conference 2023
“Fostering Positivity in the Workplace”
Presented by the University of Wisconsin Green Bay
University Staff Professional Development Committee
September 22, 2023
Tundra Lodge Hotel and Conference Center-Green Bay, Wisconsin

Liz Moldenhauer



Liz started her journey as a hot head mother, wife and coworker at the age of 19. Like many, throughout her years she discovered that while she had been working on her overall health and fitness, she was missing something-developing her mind against engrained negative thought patterns. Having just moved 200 miles away from home with her children, Liz found herself with self-doubt and anxiety.

Liz shares her process through mentorship, personally and professionally. She shares strategies on how we can retrain our brains against our built-in negativity bias and to harness positivity in all aspects of our lives.

“The Positive Light” Keynote [Session I]

Reduce your stress and anxiety and increase your overall happiness. You will learn to flip narratives into positive ones, release inner negativity and train your mind to bring positivity into your life every day.

“Hardwiring Positivity Into Every Day” [Session II]

In this session, you will apply concepts of practices that promote a positive mindset. You will walk away with a plan to practice positivity and build your positive mindset.

Fue Lee



Fue (Foo) is a counselor at the UWGB campus Wellness Center. I provide treatment modality for coping mechanisms in areas of distress tolerance, emotion regulation skills, mindfulness, interpersonal effectiveness techniques, and thought restructuring encouraging to problem solve challenging life circumstances, so that, the individual person can maintain healthy relationships and in hopes to appreciate moments in their lives. I am a social worker with the goal to make a difference. I believe any one person has the capacity to continue to learn and advocate for their mental health, as well as the ability to cultivate resiliency through the processing of one's life experiences. I provide treatment modality of cognitive behavioral therapy coupled with dialectal behavioral therapy, emphasis on motivation follow's action, and focus on strength-based approach to build upon one's own resiliency.

“Adapting Self-Compassion and Behavior Activation to Nurture Positivity in your Environment”

In this session we will focus on cognitive and behavioral activation to promote individuals to foster positivity within the workplace.

Dr. Christine Smith



Christine is a Professor of Psychology, Human Development, and Women's and Gender Studies. She is also chair of the Women's and Gender Studies Program at UW Green Bay. Dr. Smith teaches courses on women and gender, social psychology, and research methods. She has done research examining the partner preferences of lesbian and bisexual women, the impact of fat stigma, and the relationship between cognitive flexibility and homophobia. She has also written on the romantic relationships of lesbians and gay men at midlife. Dr. Smith also serves on the board of Rainbow Over Wisconsin, an LGBT community foundation in northeastern Wisconsin and is

faculty advisor to the Sexuality and Gender Alliance student group at UW Green Bay. Her other passions include animal rights, travel, and stand-up comedy (watching it, not doing it).

“Positive Psychology: The Science of Happiness”

This presentation will provide you with concrete research findings that you can use to increase your happiness and well-being.

Jay Gubrud



Jay Gubrud is a catalyst for performance improvement who has successfully presented to over 800 organizations around the country. He is a dynamic professional speaker, trainer, author and consultant who has been presenting across industries and audiences for over twenty years. His programs challenge participants to find the positive and eliminate the everyday roadblocks to their success. Jay has an innate ability to relate the trials of life and business in a way that everyone can relate to ... Cars and Driving!

“Rev Up Your Relationships” 2nd Keynote

Rev Up Your Relationships will introduce a progressive thoroughfare for people to further improve personal and professional productivity. It will illustrate a powerful approach for people to connect with colleagues and clientele alike. Through this program, attendees will:

- See how to create a winning “service mindset.”
- Be able to build instant and powerful connections with others.
- Learn the 4 steps to healthy conflict.
- Discover how feedback can strengthen your relationships.
- Learn verbal and non-verbal tools that can enhance your relationships.

“Speed Traps, Pot Holes and Idiots – Eliminating everyday roadblocks to your success”

In this session, Jay will help you eliminate the everyday roadblocks to their success and maintain a positive mindset. Jay takes the best of all his programs and incorporates them into one dynamic look at how to obtain success both professionally and personally.

Through this program, attendees will:

- Establish rewarding and positive mindsets.
- Discover the 4 major reactions to change and how to benefit from them.
- Learn how “connecting” can drive your career to new heights.
- Understand the 4 major communications styles and how to leverage them.
- Find out how to make rewarding and productive assumptions.

Chanel Bradford, Alexa Bentley & Rachel Zerona



Chanel: Chanel is a second-year student in the Sport, Exercise, Performance Psychology master's program at UWGB. Chanel played competitive basketball for 15 years, including 4 years of playing at the Division III level. Chanel plans to work as a mental performance consultant for collegiate athletes with particular interest in performance anxiety, motivation, burnout, and eating disorders.



Rachel: Rachel is a second-year student in the Sport, Exercise, Performance Psychology master's program at UWGB. She is also an Exercise is Medicine -- On Campus Student Consultant. Rachel plans to obtain her certification to be a Mental Performance Consultant after graduation and work with athletes or the exercise population.



Alexa: Alexa is a second-year student in the Sport, Exercise, and Performance Psychology master's program at UWGB. She also participates in the program's Exercise is Medicine – On Campus initiative as a student consultant. Following graduation, Alexa plans to obtain her certification to be a Mental Performance Consultant and is interested in studying to become a Licensed Mental Health Counselor.

“Setting Physical Activity Goals to Achieve Positive Mental Health Benefits”

The benefits of regular physical activity can improve energy levels, happiness, and overall quality of life. In this session, participants will learn about the recommended physical activity guidelines to experience positive mental health and practice setting physical activity goals to achieve mental health benefits through regular exercise.

Brian Merkel Ph.D.



Brian Merkel has been with UW-Green Bay for 25 years. He is the department chair of Human Biology with an appointment in the Department of Microbiology and Immunology at the Medical College of Wisconsin. In 1984 he received a bone marrow transplant at the Fred Hutchinson Cancer Research Center while in relapse from acute myeloid leukemia (90% mortality). His survival is a living testament to the value of science and medicine. His professional life at UW-Green Bay continues to provide countless opportunities to inspire and prepare the next generation of scientists and healthcare professionals as an outlet for his passion to pay this gift forward. He enjoys spending time with his family, fishing and music (drums). His talk, “Paying it Forward”, will address the impact of servant leadership, gratitude and collaboration in the workplace.

“Paying it Forward”

This presentation will focus on how life-threatening events have shaped me professionally, especially as the chair of Human Biology. Professional habits, interactions and leadership will be emphasized.

Alex Wandersee



Alex Wandersee is the Assistant Director of Recreation, Fitness & Wellness and has worked for UW-Green Bay for 5 years. She graduated from UW-Stevens Point with a degree in Health Promotion/Wellness in 2015. Alex loves teaching yoga and spending time with her husband Ethan, new baby girl, and her husky Beau.

“Reset Your Posture”

Stretching session to improve posture and destress your mind.