

**University Staff Fall Conference 2018**  
***“The Joy of Work:  
How to Make Your Work Environment Sizzle!”***  
**Presented by the University of Wisconsin Green Bay**  
**University Staff Professional Development Committee**  
**September 28, 2018**  
**Tundra Lodge - Green Bay, Wisconsin**

***Lucy Arendt, Ph.D.***

Dr. Lucy Arendt, Professor of Management at St. Norbert College, received her Ph.D. in Management Science from the University of Wisconsin Milwaukee. She teaches undergraduate and graduate courses in management, is widely published, belongs to several professional associations, and serves on the Board of Directors of several non-profit organizations.

Lucy loves to travel and hang out with her family. Before joining St. Norbert College, she was employed at the University of Wisconsin Green Bay for 26 years.



***“Grit: The Secret to Success - and Maybe Happiness! - At Work and in Life”***

[Session III, IV; repeat]

Too often, we fall into the trap of thinking that "talent" or some innate ability is needed to excel. Research tells us otherwise; while talent can help us succeed, it's GRIT - passion and perseverance - that propels us to excellence. In this session, we'll describe grit, assess your current level of grit, and share practical advice for growing your grit from the inside out.

***James Beversdorf, LAT, NASM-PES/CES, CSCS, FMS***

Jim graduated from the University of Wisconsin Oshkosh in 1998 with a Bachelor's of Science degree in Exercise & Fitness Management with a Minor in Athletic Training. Jim has been a member of the Bellin Health Fitness and Athletic Performance team since April 2008. As a licensed athletic trainer and corrective exercise specialist at Bellin Fitness, Jim conducts movement evaluations and provides performance training to athletes and active individuals of all ages and abilities. Jim is an expert in the use of the movement assessment, which are tools to identify individual strengths and target areas for improvement to maximize your body's performance in sports and life.



***“Handling Life through Movement and Exercise”*** [Session I, IV; repeat]

- Is sitting affecting your posture, your comfort, and good movement patterns?  
(Sitting is the New Smoking)
- Improving joint health prior to pain being noted  
(Prevention vs Rehabilitation)
- Understanding the Four Components of Movement
- Movement Screening to identify compensation and Corrective Exercise to improve joint health  
(Interactive session)
- Implementing exercise into your work day  
(Interactive session)

## ***Paul Braatz***

Having joined the Member Services Bureau of the Department of Employee Trust Funds (ETF) in 2008, Paul has 10 years of experience as a Trust Funds Specialist serving both participants and annuitants in the Wisconsin Retirement System (WRS). He enjoys assisting members of the WRS in one-on-one counseling sessions, group presentations, online appointments, interactive webinars and public presentations. Paul also provides education and information to WRS participants when traveling for ETF throughout Wisconsin with a focus in the Northeast region of the Badger State.



Prior to his work at ETF, Paul served in other state agencies and the University of Wisconsin System. Paul has a military background and after 25 years of uniformed service is currently a “gray area” reservist. Paul’s goal is to provide members of the WRS an understanding of their benefits in a way that puts them at ease with their future plans and retirement decisions.

### **“Wisconsin Retirement System [WRS] - Benefits for Employees Nearing Retirement” [Session I]**

Learn what you need to know and do to maximize your benefits as you move through your career. The topics discussed will include:

- Core and Variable Trust Funds
- Additional Contributions
- Survivor Benefits
- Beneficiary Designation Forms
- Retirement Eligibility & Benefit Calculations
- Annuity Options
- Annual Annuity Adjustments

This session is for you, if you...

- are looking for a better understanding of WRS retirement benefits.
- are planning for your financial future and hope to maximize your WRS benefits.
- have questions concerning WRS retirement benefits and wish to have them addressed by an ETF specialist.

### **“Wisconsin Retirement System [WRS] - Benefits for New and Mid-Career Employees” [Session II]**

This session focuses on members who are new or midway through their career [more than five years from retirement].

Learn about topics that are important to you including:

- Enhancing Your Retirement Benefit
- Beneficiary Designation Forms
- New Vesting Requirement
- Contribution Rates
- Core Trust Fund and Variable Trust Fund
- Separation Benefit
- Survivor Benefits
- How Divorce Affects Your Retirement Account
- Military Service Credit
- Purchasing Service

This session is for you if you ...

- are looking for ways to enhance your retirement benefit.
- are new to the WRS.
- have questions about WRS benefits.

## **Liysa Callsen**

<http://www.liysacallsen.com/>

Liysa Callsen speaker, coach, and comedian grew up with deaf parents and her husband is deaf too. Liysa can hear, however, American Sign Language is her first language. As a bicultural and bilingual individual, she developed transformational ways of communicating for those who want to be heard. Communication is key in any language.



Drawing on life experiences, Liysa uses stories, improvisation, audience participation, and tips to help give you a fresh perspective on your obstacles. She will teach you to use humor in life and in business, help you embrace diversity to form stronger teams, and teach you the art of communicating beyond words.

### **“Sizzle with Silence and Patience” [Session II]**

What a comic learns about herself when her husband's carpentry business needs help. Who really got help - the carpentry business, the relationship or the comic? In this session, Liysa will share her stories and tips on how patience, the one thing she never has time for; will be a true asset to any workplace situation.

### **“YES, AND” [Session III]**

Helping yourself and team members sizzle with "YES, AND". This session is filled with ah-has and ha-has. Liysa will teach you lessons from her training at Second City Improv. The content is fresh, easy to apply and has immediate results.

- Understand how to actively listen
- Improve communication by “being in the moment”
- Understanding the difference between YES AND vs YES BUT

### **“Now...Get Your Sizzle On!” [Close]**

In this session Liysa will wrap-up the day by incorporating topics from today's speakers with interactive, reflective and participatory exercises. She will provide you with an opportunity to leave here ‘sizzlin’!

## **Tina Hallis, Ph.D.**

<https://thepositiveedge.net/>

Tina Hallis, Ph.D. is certified in Positive Psychology through the Whole Being Institute, an Authorized Partner for Everything DiSC®, and a Professional Member of the National Speakers Association. She is the author of *Sharpen Your Positive Edge: Shifting Your Thoughts for More Positivity & Success*. Tina earned her Ph.D. in Chemistry and worked for 20+ years in Biotechnology at small start-up companies and large corporations.



In 2011, she discovered a new science called Positive Psychology that focuses on how all of us can live our best, most meaningful lives. Seeing the powerful impact this information has on improving people and organizations, she decided to create her own company, The Positive Edge. Her focus is to share insights and strategies that make work more enjoyable and help organizations become more successful.

### **“Creating a More Positive Workplace” [Session III] *SESSION CLOSED***

We spend so much of our waking hours at work, how can we make that time more enjoyable? Whether your workplace is a few people or a large group, there are things you can do to create a more positive working environment, for yourself and for others. Join us to learn some tips and insights to help you bring a positive attitude that's a catalyst for others and ideas to create a work situation that's more fun

and fulfilling no matter what your role. The results include better workdays, but also improved motivation, work satisfaction, and greater productivity.

**“Maximizing Communication, Collaboration & Connection”** [Session IV]

We don’t observe the world; we interpret it based on our own personal perspectives. Because we all have different backgrounds and different personalities that shape our perspectives, this can make our interactions less effective and productive. What’s more, our brains can trigger a “threat” alert when we meet someone with different preferences than us. Understanding and reminding ourselves that these differences are not bad, but interesting and helpful, improves our ability to connect, collaborate and communicate with the people around us. This interactive and engaging program combines neuroscience, positive psychology, and DiSC® personality theory.

***Luke Konkol, Instructional Technologist***

Luke is a 2012 alumnus of the University of Wisconsin La Crosse where he studied philosophy and anthropology with particular interest in belief and behavior. He has since translated these interests to gamification and serious games, aesthetics, learning pathways, student engagement, information representation and dissemination, data visualization, publishing, content development, 3D animation, and digital & virtual heritage.



**“Gamification: Building Winning into Working”** [Session IV]

Games, in their many forms, are an integral part of human culture. A long-standing form of human interaction, games are perhaps the most engaging form of media the world over.

This presentation workshop explores “gamification” - the ways in which game design concepts can be used in every-day life by harnessing their power to engage. We’ll look at ways that life is already ‘game-like’ and how we can use these factors and the motivating ability of games to improve our lives. You will look at the ways in which approaching your life and work as if it were a game can enhance the joy you find in everyday tasks, stimulate the achievement of your goals, and deepen your personal relationships. (We may even have to have a little fun playing a couple of games to fully understand this topic.)

***Bonnie Nussbaum, Ph.D.***

<http://empowermentandpurpose.com/author/bonnie/>

Dr. Bonnie Nussbaum is a holistic coach and clinical psychologist who believes people are capable of far more than they think they are. She is a down-to-earth person with an expansive energy. She invests a lot of herself in working with people, is highly committed to your success, and helps you commit to yourself at that same high level. She can create a big space for you to confront your major resistances; the last big barriers to your inevitable success. She is a master of discernment, able to hit the core of what needs addressing, and has the tenacity to “go there” with you and the grit to get you through it.



**“Livin’ Your Kick Ass Life”** [Session I, III; repeat] ***BOTH SESSIONS CLOSED***

- Are You Holding Back on Life?
- Show Up Fully (Muscle Testing for Assessing Your Motives and Beliefs)
- Kick Fear to the Curb and Operate from Faith and Trust
- Mistakes are Your Very Best Opportunity to Learn and Grow
- The Perils of Living in Your Comfort Zone (Guided Imagery)
- Life is Messy!
- How to Step Out on the Limb and Soar

**“How to Find Joy in Your Work”** [Session II]

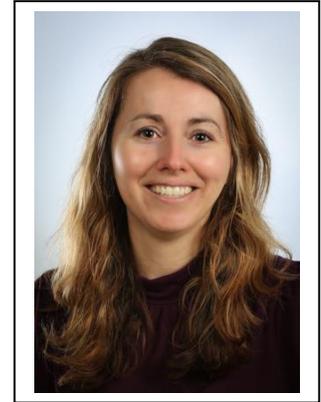
**SESSION CLOSED**

- See Yourself as an Integral Thread in the Bigger Fabric of Life
- Know Your Purpose and Mission
- Abundance vs. Scarcity Thinking (Evaluating Through Your Body Signals)
- View Others as Perfect, Exactly as They Are
- Be Willing to be Wrong
- How to Stay Whole-Brained in Your Work (Techniques for Being Fully Present)

***Sara Wagner, MS, RD***

Sara Wagner is a master's-degree Registered Dietitian and is the Director of undergraduate Dietetics Programs at the University of Wisconsin Green Bay, where she teaches courses in medical nutrition therapy, childhood obesity, leadership in food and nutrition, & food preparation and service. Under her leadership, the University of Wisconsin Green Bay Nutritional Sciences program has gained a reputation for being one of the very strongest in the state of Wisconsin as well as in the Midwest.

Sara has been recognized with the Early Career Student Nominated Teaching Award from the University of Wisconsin Green Bay, the Margene Wagstaff Fellowship for Innovation in Dietetics Education from the Academy of Nutrition and Dietetics, and the Recognized Young Dietitian of the Year Award from the WI Dietetic Association.



She is an emerging leader in dietetics education, and her teaching has consistently been described as “knowledgeable”, “engaging”, “enthusiastic” and “unmatched”. Sara is passionate about sharing her knowledge with others to give them the tools they need to reach their personal education and health goals.

**“Body Kindness and Intuitive Eating: Putting the Joy Back into Eating and Movement”** [Session I, II; repeat]

Do thoughts of nutrition and food evoke feelings of shame, anxiety, fear or guilt? Are you feeling frustrated or distressed about your weight, body size, or shape? This session will explore the principles of intuitive eating and body kindness as important tools to promoting long-term, sustainable health. Leave with concrete ideas about how to make peace with your body and put the joy back into eating and movement!

Session Objectives:

- Participants will identify habits that are detrimental to body kindness and intuitive eating
- Participants will understand basic philosophy of body kindness and intuitive eating principles
- Participants will assess their own habits and beliefs related to body image and healthful eating
- Participants will apply concrete ideas on how to integrate body kindness and intuitive eating principles into their own lives