

**University Staff Fall Conference 2019**  
***"Your Professional Toolbox"***  
**Presented by the University of Wisconsin Green Bay**  
**University Staff Professional Development Committee**  
**October 18, 2019**  
**Hyatt Regency - Green Bay, Wisconsin**

***James Beversdorf***

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 III]**

- 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 New and Mid-Career Employees" [Session I]**

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.

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

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.

### ***Paul Decker***

Paul started his career with Xerox in Chicago, was recruited to Bausch & Lomb, and later moved to an international conglomerate based outside of London, England.

After fighting a major battle against cancer, Paul readjusted his life to a more local emphasis and is involved in various strategic business consultancies, including his own Renegade Thinking Group LLC. He underwent open heart surgery in 2017 to repair a valve damaged by chemotherapy 20 years earlier. He continues to serve as adjunct Instructor at the Waukesha County Technical College Small Business Center and was named to the Hall of Fame for his efforts to advance startups in the greater region.

A native of Port Washington, Wisconsin, Decker holds a bachelor's Degree in Political Science from the University of Wisconsin-Whitewater and a Masters of Business Management from Cardinal Stritch University in Milwaukee. He holds several certificates of Learning, including Human Centered Design. Paul resides in Hartland, Wisconsin with his wife Dr. Paula Decker; both are avid lifelong learners. Leisure activities include golf, boating, cooking, travel, theatre, Badger football, and wine collecting.



## **The Advantages of Maintaining a Positive Disposition [Session I]**

In this presentation, Paul will combine his life story about overcoming negative events and relationships and turning his positive outlook into a mindful method that benefitted him in mind, body and spirit!

In her updated blog, June 21, 2019, on the “Benefits of Positive Thinking for Body and Mind,” Kendra Cherry stated; “Even if positive thinking does not come naturally to you, there are plenty of great reasons to start cultivating affirmative thoughts and minimizing negative self-talk.”

She stated several benefits

- Positive Thinkers Cope Better With Stress.
- Optimism Can Improve Your Immunity.
- Positive Thinking Is Good for Your Health.
- It Can Make You More Resilient.

Paul will demonstrate from personal experience he has learned to naturally enhance his mental and physical well-being by charging forward with optimism and determination. It was not always easy to do, and he was labeled “poly-Andy” by more than one person throughout his life. You will hear how he proved that positive thinking helped overcome even the most dire of circumstances. He will also demonstrate that this was not just a matter of good family fortune, as this is not the case throughout his family.

Paul has been called an “Infotainer” for his ability to give information in a most entertaining way with his genuine passion for living and giving to others. He has proven that it can work in any profession and the benefit of being positive gives one an advantage in the long run. You will find several nuggets that can enhance your coping mechanisms and are not difficult to utilize immediately.

## ***Terra L. Fletcher***

Terra is a professional speaker and author, who started her first business at 15 and was awarded Entrepreneur of the Year in 2012. She has a decade of experience in business development. Terra has trained the National Association of Tax Professionals, Prevea Health, the National Association of Broadcasters, Smart Customer Service 2018, Bellin Health, and Georgia Pacific. She reads the back of every package, does not fast-forward previews, and goes to the beach as much as Wisconsin weather allows.



## **Communicating Across Generations [Session I]**

For the first time in history, six distinct generations are working together. But they do not always understand each other. In this session, we will find out how and why the generations work differently. Discover the signposts and life laws that lead to generation-specific reactions and behaviors. Learn to create a culture that fosters healthy communication and collaboration.

Understand how younger generations change workforce norms with their fresh perspective and unprecedented tech knowledge. Find out how to work with and retain young workers who are more likely to switch jobs. Understand how Traditionals, Boomers, Xers, Xennials, Millennials, and Gen Z work, what they value, and how they communicate. Find out how each generation can feel appreciated and engaged at work.

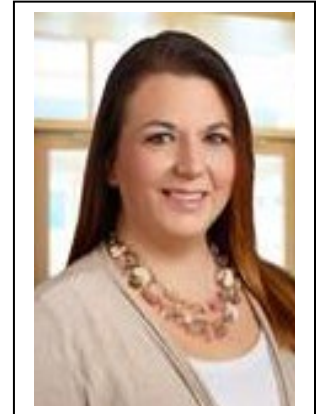
## **Time Management: Reduce Stress and Reach Goals [Session II]**

Do you procrastinate at work, waiting until the last minute to complete your projects? Do you spend too much time bingeing your favorite shows while endlessly scrolling social media? You are not alone. Our daily stress feeds our bad habits and our bad habits feed our stress. Even if we are managing our time well, we likely wish we could accomplish more in our workday and our downtime.

Break the cycle of inefficiency by identifying your self-motivators. Find out what is holding you back from achieving results equal to your abilities. When you understand your career motivation, you will be more productive and happier at work. In this practical session, we will look at if-then plans, time tracking, and goal setting techniques that really work for real people. We will show you how to create protected times for work and family, balance work and life, and relax in a way that refreshes you.

### ***Chastity Hartl***

With eighteen years of experience in the financial sector, Chas has seen first-hand how identity theft has completely devastated some of her customers and loved ones. Encounters like these sparked her desire to help educate others from becoming the next victim. This passion has evolved and through her position at Nicolet National Bank, she has had the privilege to help thousands of students, employees, and community members through a variety of personal finance workshops. Today, she hopes to help you avoid the quagmire and protect your identity.



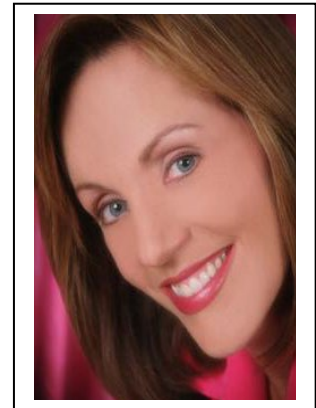
#### **Protecting Your Identity [Session III]**

Every two seconds, another person's identity is stolen. Find out how they are getting it, how to protect yourself from becoming their next victim, and what to do in the event that it happens to you or a loved one. Do you know if you were "potentially impacted" by the Equifax breach in 2017? I will cover the Equifax Settlement and what you will need to do to receive your payout.

### ***Ann Kerian***

Ann is a Consultant and Coach for Acorn's End in Rochester, MN and Bethesda Home Health in Wilmar, MN. She is also a Media Consultant for Power Shot Training: Excellence in Healthcare Sales & Marketing. Ann has a deep passion for healthcare related topics!

Ann most recently worked at KWWL-TV, the NBC affiliate in the Waterloo, Cedar Rapids, Iowa City and Dubuque market. She was tasked with co-anchoring the 5, 6 and 10pm news and covering health stories. Prior to that, she worked at WEAR-TV, the ABC affiliate in Pensacola, Florida. She co-anchored the 10pm news and handled the military affairs beat from 1995-2002. Before moving to Florida, Ann was a bureau chief for WCTI-TV, the ABC affiliate in New Bern, North Carolina. She started her career in her hometown of Minot, North Dakota. She was a reporter, anchor, photographer, weather person, producer and host.



Ann was chosen as one of the Cedar Valley's top 20 under 40 business leaders, an honor given to business leaders under 40 years old. She was also on the Wells Fargo Bank Advisory Board. Ann served on the YMCA Board of Directors and on the Friends of Cedar Valley Hospice Advisory committee. Ann also served 4 years as a board member of Jamie and Jim's Kids, a local group that provides terminally ill children from Eastern Iowa with the trip of a lifetime - a trip to Disney World. She was also a volunteer for the American Cancer Society and served as a volunteer for the Waterloo Youth Hockey Association and St. Edward's school. She was also a board member of the YWCA. Plus, she was nominated for a Mayor's Volunteer Award by one of her peers.

Ann has a B.A. in Broadcasting with a minor in Political Science from the University of North Dakota in Grand Forks.

**Overcoming Overload [Session III]**

Learn ways that you can actually “buy” yourself some time in the day. Learn how to diminish the drama by working with people instead of paperwork. Don’t let the technology bring you down. You’ll hear 8 ways to Overcome Overload and have a better work-life balance.

**Managing Change [Session IV, Keynote]**

While change is inevitable, it is also one of the greatest causes of stress in our lives. Change in the workplace is no different. Downsizing, relocation, mergers, reorganization or restructuring, and technology are all causes of change at work that can create challenges.

***David Kieper***

David Kieper retired from the University of Wisconsin – Green Bay (UWGB) in July, 2017. Prior to his retirement, he served in the role of Information Technology Security Officer. While at UWGB, he conducted similar educational sessions for University staff as well as responded to potential security incidents. Shortly after his retirement, David joined Camera Corner Connecting Point (CCCP), an information technology (IT) reseller and provider throughout Wisconsin. In his current position as Senior Enterprise Consultant, David works with many organizations to improve their IT infrastructure and secure their information assets.

**Information Security and You [Session II]**

David will talk about the current methods and tricks the hackers are using to attack you in the office and at home. He will provide real world examples of how attacks are performed and the real effects that they can have on individuals, schools, institutions, and businesses. He will provide advice on how to recognize attacks and how to safeguard your personal and workplace information.