

University Staff Fall Conference 2022
"Sustainability Starts with YOU"
Presented by the University of Wisconsin Green Bay
University Staff Professional Development Committee
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Radisson Hotel and Conference Center - Green Bay, Wisconsin

Neil Ihde

Neil Ihde (Ee-dee) is a speaker, lecturer, consultant and founder of Life IQ where he motivates groups and individuals to work, play, relate and live intelligently. Neil has worked with 30 Fortune 500 companies and many international companies. He is a TEDx speaker and his Life IQ YouTube channel recently eclipsed a half-million views. Neil's academic background includes a B.A. in Psychology, a B.A. in Sociology, and a MA in Counseling. Neil and his wife Deb have two children and live in Appleton, Wisconsin.



"What's Your Life IQ?" – Keynote [Session I]

Life is about choices and in this day and age we have more choices than ever. In fact, we can get overwhelmed and paralyzed by all of the options. Instead of feeling confident about moving forward, we feel anxious about the paths we didn't follow. But there are steps we can take to aid us in making decisions and increasing our Life IQ. Life IQ is about figuring out who you are, what kind of life you want to lead, and making the choices to achieve it. Simple tools such as self-awareness, personal values, time/life investment, and personal and career goals will bring much needed clarity for the huge questions (marriage, kids, career) and the everyday questions (What should I have for lunch?).

"Joy Spreaders – Who they are, what makes them tick, and why you desperately need them in your organization"
[Session II]

We all should look to spread joy but there is a special breed of people whose very essence is to radiate joy. I've studied the impact that Joy Spreaders make on organizational cultures. These special people breathe life into others, delight in the presence of customers and amplify the potential of their team. These individuals have a profound impact on organizational cultures and can have enough of an effect on the bottom line to make the most-stodgy, play-deprived bean-counter sit up and take notice.

Wagner Leadership Training

Hank Wagner and his daughter Laura Raatz started Wagner Leadership Training to help people grow, help dreams come to pass and to help bring others and the people around them closer to fulfilling their potential.

Hank is a fourth-generation dairy farmer, and the next generation are already part owners in the farm, it is truly a family business. Hank has been involved in many organizations and has held numerous leadership roles. He also writes articles for numerous publications and has authored two books.

Laura Raatz was born and raised in a small town in Wisconsin on her family farm. Laura is a graduate of UW-Green Bay, Marinette campus and former basketball player. Laura became interested in writing after reading her father's book, "Teachable Moments", she's grateful for the opportunity to partner with him. Laura is excited to make an impact on others by sharing her personal testimonies and the resulting lessons she's learned.



Vision and Goal Setting [Session II]

Vision and goal-setting have the power to bring the future into the present. Great leaders must know how to use vision and goals to accomplish their dreams.

Chastity Hartl

Chastity Hartl, Retail Product Specialist at Nicolet National Bank. Chas has been in the financial industry for over 20 years. Chas has worked with both businesses and non-profit groups to provide education and guidance to hundreds of individuals who were looking to truly understand and take control of their finances.



Budget Bootcamp: How to Live Debt Free [Session II]

It is not a pipedream! It REALLY is possible, but it is not going to just happen unless you win the big one. The rest of us have to create a plan that we can manage and stick to. In this workshop, we'll discuss what you need to do to get started and some things to consider to help you save money. We'll cover a few approaches to paying off debt effectively. Whether you are a pencil and paper or tech junkie, there are options for you. If you are serious about this there will be homework, but it will be the best gift you could ever give yourself and your loved ones.

Identity Theft: What YOU Can Do! [Session III]

Every two seconds, another person's identity is being stolen. Find out how these thieves are getting it, how to protect yourself and your loved ones from becoming their next victim, and what to do in the event that it happens to you. Chastity plans touch on the most recent frauds and scams going around as well.

Daniela Beall

Daniela Beall joined UWGB in August 2021 as sustainability coordinator to support our Eco U revival. She holds a Master of Business Administration (MBA), from the University of Baltimore & Towson University. The sustainability coordinator encourages adoption of sustainability practices and support the integration of sustainability into coursework and operations. Daniela understands change is challenging and necessary for our collective wellbeing in the future, and aims to facilitate creative collaborations that generate better solutions and smooth transitions. As a learner and educator at heart, she has taught college classes in massage therapy and urban food systems.



Holistic Sustainability for Planet, People, and Prosperity [Session III]

Daniela will lead a discussion about what sustainability means and opportunities to start making small but significant shifts in our personal and professional life that support long-term well-being for all.

John Cheslock, MA, LPC

John has been a counselor at the UW-Green Bay Wellness Center since August of 2020. In his free time, John enjoys spending time with his family, taking his dog on kick bike runs, cycling, yoga, and music. John is married and has one son. John has a Master's Degree in Counseling Psychology and a Bachelor's degree in Behavioral Science from National University.



Mindfulness & Techniques for Handling Stress [Session III]

This workshop will focus on mindfulness techniques for handling stress and other related topics.

Session Closed



COMEDYCITY THEATRE

ComedyCity Theatre will be joining us for our final break-out session. ComedyCity is one of Wisconsin's oldest improvisational comedy troupes, bringing on the spot laughter to thousands of people since 1987! Their affiliate, OnTheJob Improv provides corporate training using the principles of improv comedy and relating it to the workplace. Using various group activities, OTJ Improv will enhance team building, communication and most importantly...fun and laughter in the workplace! Their fast, fun workshops will keep you laughing, thinking, and will provide some takeaways that everyone can use at work, right away! Our facilitators come from various business and education backgrounds, and know how to keep it real. So, get ready to "yes, and" with us, and laugh!

