

# **Staff Appreciation Day**

Using a professional instrument, you will discover your preferred mode for engaging conflict and learn techniques to maximize effectiveness when conflict arises. If you want to just do your job and scale back the drama, this workshop is for you. Perhaps it won't be utopia but it can be civil.

**Learn a Little Russian, Alla Grikurova ROOM**

This will be a great opportunity to learn a few words in Russian. Whether you're planning a trip or want to learn a foreign language, you can start here.

10:30-11:30 **Workshop Sessions**

**Composting with Earthworms, Taylor Maida, ROOM**

Composting with worms.... Red Wiggler Worms can enable you to compost household garbage indoors all year. Students will have option to build their own small worm-composting box and learn how to maintain it.

**Learning about Customer Service & Group Dynamics, Charu Uppal ROOM**

1. Importance of customer service

- Internal customers: faculty, students, and other departmental liaisons
- External customers: vendors

2. You can be a leader: learning about leadership

3. Effective group communication

4. Conflict management

5. Dealing with diversity on a daily basis.

**May Daisies, Debbie Mekiana & Carol Murphrey ROOM**

Teach the group how to bead a daisy chain with small seed beads, thread and needle.

**How to Manage Your Leadership, Brad Lobland, ROOM**

Learn how to converse w/your supervisor effectively and professionally. And other tidbits to keep your supervisor heading in the right direction.

**Situational Leadership, Robert Mackey ROOM**

This presentation discusses the difference between management and leadership and provides a model for changing people and your organization. Conceptualizing leadership as a process,

and awesome personal breakthroughs, usually within 24 hours of practicing. People have used it to learn languages, quit smoking, become more coordinated, build arm and upper back muscles, have huge emotional understandings, recharge and/or quiet their brain, and pretty much anything else that involves patterns.

**Campus Walking Tour**, Mary Kreta, Meet in Signers' Hall

A fun walking tour of UAF's campus highlighting the history and unique highlights of the Fairbanks Campus.

**Zumba**, Tammy Long ROOM (SRC)

One hour of heart raising foot stomping dance with awesome music that is totally exciting and not like exercise at all! Featuring Merengues, Cumbias, Reggaetons, Salsas and more. I would love to lead our staff through a beautiful sample of what Zumba has to offer for health and fun not to mention an exhilarating motivation per great music.

**UAF Police Department**, Kyle Carrington, meet at Whitaker Building

Take a tour of the UAF Police Department and learn what they do for you.

**Botanical Greenhouse Tour**, Katie DiCristina AHRB Building

Come check out the new horticulture greenhouse at UAF. We'll s

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