**INVITATION to JOIN US at the 2015-2016 SERIES I PROFESSIONAL DEVELOPMENT SEMINARS**

**CALENDAR THESE PROFESSIONAL GROWTH SEMINAR DATES for CAREER DEVELOPMENT and SALARY STIPEND OPPORTUNITIES!**

Share your Questions and Interests with Joyce Compton, Personnel Specialist, Human Resource Services, E-mail: joycecc@scusd.edu  
Phone: (916) 643-7492

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### SERIES I PROFESSIONAL GROWTH FAST TRACK Seminar Topics (20)

<table>
<thead>
<tr>
<th>Location/Date/Time</th>
<th>Maximum Seating Capacity</th>
<th>Guest Speaker(s)</th>
<th>SEIU</th>
<th>CSA, Non-Represented Supervisors</th>
<th>Teamsters (SPOM's)</th>
<th>Salary Stipend Eligibility</th>
</tr>
</thead>
</table>
| **1**  
*Fitness on the Go: Part I*  
Learn about the “tried & true tool” used by trainers to create, change or rearrange your exercise program routine. Then, get ready to utilize with an exercise program that can be done just about anywhere.  
September 15, 2015, Tuesday, 12:00 to 1:00 p.m. at Serna Ctr, MICH/MINN  
60 for each class session  
Lyn Poll, Schools Insurance Authority/SIA | x | x | x | x | x |
| **2**  
*Fitness on the Go: Part II*  
Take your fun and fitness to the next level with electronic exercise gadgets & digital devices. Find out what is hot in the world of fitness technology.  
September 29, 2015, Tuesday, 12:00 to 1:00 p.m. at Serna Ctr, PENN  
60 | Lyn Poll, Schools Insurance Authority/SIA | x | x | x | x | x |
| **3**  
*Personality and Your Health: Learn a healthy body mapping for your personality*  
October 22, 2015, THURSDAY, 12:00 to 1:00 p.m. at Serna Ctr, MICH/MINN  
60 | Michele Mariscal, Schools Insurance Authority/SIA | x | x | x | x | x |

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Professional Growth Program for Salary Stipends, with details on eligibility, credit, deadline for filing units, is outlined in CBA’s: SEIU, CSA, TEAMSTERS: Article 17.  
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</table>
| *Feel How You Think: How you think is how you feel. Come explore how you can get more out of life and feel better by understanding how you are in control. Discover ways in which you can feel better by thinking better.*
October 27, 2015, Tuesday,
12:00 to 1:00 p.m. at Serna Ctr,
MICH/MINN | 60 | Marshall Shimmon, Schools Insurance Authority/SIA | x | x | x | x | x | x |
| *Workday Basics: An enterprise cloud application that will replace ESCAPE to provide interfaces for: HR, Payroll, Budget/Finance, Procurement, Time Tracking & Absence Mgt; Navigation & Employee Self Service (ESS) is the functionality allowing employees to initiate actions*
November 3, 2015, Tuesday
5:00 to 6:00 p.m. at Serna Ctr,
MICH/MINN | 60 | Pakou Woo, Coordinator, Change Management Trainer, Administrative Services | x | x | x | x | x | x |
| *Marshmallow Challenge: Experience Team Building while Applying Creativity*
November 17, 2015, Tuesday,
12:00 to 1:00 p.m. at Serna Ctr,
TENN | 60 | Michele Mariscal, Schools Insurance Authority/SIA | x | x | x | x | x | x |
| *Relieving Stress: Meditation and Relaxation Techniques*
December 8, 2015, Tuesday,
12:00 to 1:00 p.m. at Serna Ctr,
TENN | 60 | Michele Mariscal, Schools Insurance Authority/SIA | x | x | x | x | x | x |

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**SERIES I PROFESSIONAL GROWTH**

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<th><strong>Some applicable</strong></th>
<th><strong>Salary Growth</strong></th>
<th><strong>Exempt</strong></th>
<th><strong>Supervisors</strong></th>
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<td>8 *Psychology of Eating Behavior: Learn the science behind the reasons why we eat and how our environment influences these cues. Learn to take back some control over these internal cues that the food industry relies on to improve their bottom line. December 15, 2015, Tuesday, 12:00 to 1:00 p.m. at Serna Ctr, MICH/MINN</td>
<td>60</td>
<td>Deborah Camacho, Schools Insurance Authority/SIA</td>
<td>x</td>
<td>x</td>
<td>x</td>
<td>x</td>
<td>x</td>
<td>x</td>
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<tr>
<td>9 *Goal Setting: Anything you want to achieve or become requires a plan. Learn strategies to capture what is important to you through goal setting. Whether you are seeking self-improvement or planning for retirement, goal setting helps you to get more of what you want out of life. January 12, 2016, Tuesday, 12:00 to 1:00 p.m. at Serna Ctr, MICH/MINN</td>
<td>60</td>
<td>Marshall Shimmon, Schools Insurance Authority/SIA</td>
<td>x</td>
<td>x</td>
<td>x</td>
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<tr>
<td>10 *Juicing for Health: Getting 5-9 Servings of Fruit and Vegetables every day can be difficult. Participants will taste &amp; learn about the health benefits. January 26, 2016, Tuesday, 5:00 p.m. to 6:00 p.m. at Serna Ctr. TENN</td>
<td>60</td>
<td>Michele Mariscal, Schools Insurance Authority/SIA</td>
<td>x</td>
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*Shared Reasons to Make Professional Development a Priority: Career Learning Opportunities; Keeping Up with Current Trends; It’s Fun; There’s Money In It; Growth; Leadership; Discovery; Expertise; Informative; Inspirational; Learning; Freebies/Raffles; Networking; Educational; Include on Resume or at Interviews; Support Staff, Students and Colleagues

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<td>11 *Time Management: Many employees are juggling extra responsibilities, working longer hours, and experiencing overload in their personal lives. Most agree not enough hours in the day. Develop an individualized time management strategy. Identify ways to do more in less time. Cultivate joy and achieve balance.</td>
<td>February 23, 2016, Tuesday, 5:00 to 6:00 p.m. at Serna Ctr, TENN</td>
<td>60</td>
<td>Victoria Brown, Managed Health Network/MHN</td>
</tr>
<tr>
<td>12 *Health Documentary: Forks over Knives to Learn from Experts in the field on Plant Based Diets for Health.</td>
<td>February 29, 2016, MONDAY, 12:00 to 1:00 p.m. at Serna Ctr, MICH/MINN</td>
<td>60</td>
<td>Michele Mariscal, Schools Insurance Authority/SIA</td>
</tr>
<tr>
<td>13 *Food and Moods: Learn What Influence Certain Foods Have On Our Moods and the Surprising Way You Can Improve Your Mood &amp; Boost Your Energy with Food.</td>
<td>March 8, 2016, Tuesday, 12:00 to 1:00 p.m. at Serna Ctr, MICH/MINN</td>
<td>60</td>
<td>Deborah Camacho, Schools Insurance Authority/SIA</td>
</tr>
<tr>
<td>14 *Building Resilience: Characteristics of resilience. Identify how to develop resilience. Know how resilient individuals turn challenges into opportunities.</td>
<td>March 29, 2016, Tuesday, 5:00 to 6:00 p.m. at Serna Ctr, TENN</td>
<td>60</td>
<td>Victoria Brown, Managed Health Network/MHN</td>
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<td><strong>15</strong></td>
<td><em>Softer Side of Exercise - Tai Chi, Qigong: Experience the Benefits of Slow Movements Focusing on Balance, Breath and Moving Energy in the Body for Health.</em></td>
<td>Michele Mariscal, Schools Insurance Authority/SIA</td>
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<tr>
<td>April 5, 2016, Tuesday, 12:00 to 1:00 p.m. at Serna Ctr, MICH/MINN</td>
<td>60</td>
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<tr>
<td><strong>16</strong></td>
<td><em>Effective Workplace Communication: Learn key elements of a clear message. Identify and overcome challenges to getting a message across. Apply techniques for building rapport.</em></td>
<td>Victoria Brown, Managed Health Network/MHN</td>
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<td>April 19, 2016, Tuesday, 5:00 to 6:00 p.m. at Serna Ctr, TENN</td>
<td>60</td>
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<td><strong>17</strong></td>
<td><em>Brain Works: The Brain is the one area of our bodies that is often under challenged but why? Brain Fitness Activities that Science Has Shown to Improve Our Brain Function &amp; Ultimately Lead to a More Productive &quot;Second Act&quot; In Our Lives.</em></td>
<td>Deborah Camacho, Schools Insurance Authority/SIA</td>
</tr>
<tr>
<td>May 3, 2016, Tuesday, 12:00 to 1:00 p.m. at Serna Ctr, MICH/MINN</td>
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<tr>
<td><strong>18</strong></td>
<td><em>Understanding Your Personal Work Style: Recognize the importance of individual work styles. Use effective communication strategies and techniques for each work style. Understand the importance of work style diversity for maximum group performance.</em></td>
<td>Victoria Brown, Managed Health Network/MHN</td>
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<tr>
<td>May 17, 2016, Tuesday, 5:00 to 6:00 p.m. at Serna Ctr, MICH/MINN</td>
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<td>19 * Creating a Work-Life Balance: Five steps to achieving balance. Identify internal and external stressors. Know how to use energy wisely.</td>
<td>May 31, 2016, Tuesday, 12:00 to 1:00 p.m. at Serna Ctr, MICH/MINN</td>
<td>60</td>
<td>Victoria Brown, Managed Health Network/MHN</td>
</tr>
<tr>
<td>20 * Humor for the Health of It: Understand why humor is a necessity and not a luxury. Understand the physical/psychological benefits of humor. Cultivate appropriate humor at work. Find humor in daily life.</td>
<td>June 7, 2016, Tuesday, 12:00 to 1:00 p.m. at Serna Ctr, MICH/MINN</td>
<td>60</td>
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