

UMSL HR: March 2022 Lunch & Learn Offerings

The UMSL HR team is excited to announce that we will be hosting lunch & learn training sessions through the rest of the semester. The offerings for March are listed below. If you would like to join us for any of these sessions, please find the Zoom/Teams links below.

FMLA & Shared Leave

Thursday, March 10, from 12 - 1pm CT

During this session, you'll learn more about the Family and Medical Leave Act (FMLA) and how it is administered at the university. FMLA is a federal law that provides employees the right to take a leave of absence for family and medical reasons as well as leave for military families while maintaining job protection. The session will also highlight the university's Shared Leave Program, which enables eligible employees to donate accrued vacation benefits to a pool to be used for other employees who have experienced a catastrophic event.

Target Audience: All employees
Presenter: Mindy Allen, UM Leave Admin Team (LAT)
Link: <https://umssystem.zoom.us/j/98771063689?from=addon>

Hiring Series Part 1: Job Postings

Friday, March 11, from 11:30am - 12:30pm CT

The new Staff Job Posting will make us more efficient and effective once we all get comfortable using it. Join us for a 30 minute session covering how to complete the form, the timeline for job postings, and some common errors to avoid so that you don't encounter unnecessary delays during this important process.

Target Audience: All supervisors
Presenters: Heather Floden, Donna Hunter, & Jill Wood
Link: <https://umssystem.zoom.us/j/94553361566?pwd=V1dRVU9jemE0NVBuY0NiVGFMZzNyZz09>

Wellness Team

Thursday, March 17, from 12 – 1 pm CT

There are numerous benefits and resources that are a part of the university's UnitedHealthcare (UHC) benefits package. In this session, you'll meet with UHC representatives who work specifically with UMSL employees. They will share resources and answer questions about the wellness events and services that are available to you.

Target Audience: All employees
Presenters: Secily Adams, UnitedHealthcare
Link: Teams: [Click here to join the meeting](#)

Sharpen Your Saw: Carving out Time for Professional Development

Tuesday, March 22, from 10 – 11am CT

In this fast-paced environment it can be difficult to carve out time for your own growth and development. But taking time to sharpen your saw will make you more effective and save you time in the long run. Join us to discuss strategies for prioritizing your own growth and to preview what is available to you in Percepio.

Target Audience: All employees
Presenters: Susan Groshong, UM System Learning & Organizational Development
Link: <https://umsystem.zoom.us/j/91759143718?from=addon>

Hiring Series Part 1: Job Postings

Friday, March 25, at 11:30am CT

The new Staff Job Posting will make us more efficient and effective once we all get comfortable using it. Join us for a 30 minute session covering how to complete the form, the timeline for job postings, and some common errors to avoid so that you don't encounter unnecessary delays during this important process.

Target Audience: All supervisors
Presenters: Heather Floden, Donna Hunter, & Jill Wood
Link: <https://umsystem.zoom.us/j/94553361566?pwd=V1dRVU9jemE0NVBuY0NiVGFMZzNyZz09>

Other Trainings Available to You:

Percepio Supervisor Development Series

For more information and to access the content click [HERE](#)

This development series is comprised of 8 “Tracks” which are intended to provide staff, new to the supervisor role, or new to the role at the University, the information and resources they need to be effective managers of resources and supervisors of their staff, while being compliant with HR laws and University policies.

UnitedHealthCare Wellness Sessions

For more information and Teams link click [HERE](#)

Healthy Eating Habits

March 9, from 11:15am – 12:15pm CT

This Lunch and Learn will educate you to develop healthier eating habits. Whether you need help eating healthy on a budget, on the go, or at work we will cover all the helpful tips and tricks to keep you on track.

Mental Health & Stress

March 13, from 11:15am – 12:15pm CT

March 27, from 11:15am – 12:15pm CT

This Lunch and Learn will educate you on how to make healthier choices in your life to impact your mental health and emotional well-being. We will also address ways to reduce stress in your everyday life.

Office of Diversity Equity and Inclusion

For more information and registration link click [HERE](#)

CommUNITY Series | Part I

March 10, from 10 – 11am CT

March 17, 11am – 12pm CT

Retirement Seminars

For more information click [HERE](#)

Planning for and Preserving your Retirement Savings

April 13, from 10am – 12pm CT

Navigating Social Security and Medicare

April 20, from 10am – 12pm CT