## From POD -

**Budgeting Essentials**  
Wednesday, Jan. 23  
Tacoma campus  
Noon-1 p.m.

## SEE THE NEW LOOK!

Take a look at the newly updated UWTacoma Professional Development Website

---

## UW RESILIENCY LAB

**Building Strength For the Road Ahead**

Check out the Resilience Lab at [their website](#)

Based on the UW Seattle campus, the UW Resilience Lab (UWRL) endeavors to bring the UW community into connection with one another through programming that normalizes the wide-ranging experiences of hardship, failures, and setbacks UW community members face through the cultivation of kindness, compassion, and gratitude toward each other and ourselves.

Beginning in 2015, UWRL now represents cross-campus collaborations among students, faculty, and staff who strive to develop resilience in ourselves and our community.

The UWRL points of focus include:

- Leading-edge research into students’ perceptions of internal and external resources available to them, as well as into the benefits of resilience behaviors and compassion
- Integrating resilience and compassion messaging and practices into classroom experiences and preexisting programming run by Lab collaborators
- Establishing new high-impact programming aimed at the Lab’s core message of learning through pushing oneself to the edge of one’s capabilities while normalizing the setbacks, struggles, and failures often experienced on that edge

---

## UPCOMING WORKSHOPS:

**SIGN UP HERE**

- **Green DOT Training**  
  January 30th- 10:00am – 12 Noon
- **Management Excellence Series at CPTC**  
  Jan, Feb & Mar Fridays  
  9:30-11:30 am

## FEATURED WEBINAR:

**TEAM BUILDING**

This module, made available for our use by the UW International Training & Education Center for Health, provides case studies, philosophy and tools for solid management practices in team building. Using resources from authors Bruce Tuckman, Peter Lencioni and Stephen R. Covey, you will be able to diagnose the functioning of your team, identify potential threats to effective teamwork and choose strategies for strengthening team functioning.

## TOOL OF THE MONTH:

**Procedures for Recruitment and Hire**

Everything you need to know for hiring regular permanent staff, temporary hourly staff and student employees can be found on the HR website. Job descriptions, a recruiting plan, the UW Diversity Hiring Tool and Onboarding forms and checklists are readily available. If you still need assistance, reach out to UW Tacoma’s Recruiter, Iris Marx at [imarx@uw.edu](mailto:imarx@uw.edu) or call 692- 5669.
Welcome to the Faculty Resource Center!
The physical space is located on the UW Tacoma campus at Walsh Gardner 208. Created to bring together research, teaching, and faculty support services at UW Tacoma, the Faculty Resource Center (FRC) is much more than people, workshops, conversations and a welcoming space on campus.

FEATURED ARTICLE:
50 TRENDS TO WATCH for 2019
If 2018 left you breathless, then brace yourself: The coming year may bring even more change and uncertainty, according to the CEOs, academics, economists and other big thinkers we consulted for LinkedIn's annual peak at the year ahead. From the spread of AI to the fate of Brexit, here's what 2019 may have in store.
What are your predictions for our industry?

Click Here for LINKED IN's 50 TRENDS TO WATCH for 2019

Dare to Do 2019!
How does a healthier, fitter, happier you in 2019 sound? Starting January 7, join The Whole U for Dare to Do, an 8-week wellness challenge designed to help you make positive, holistic improvements in body, mind, and life.

Register NOW!

UW Benefits is sponsoring the following events at UW Tacoma this winter for Faculty & Staff. Events are conveniently held at UW Tacoma and are free of charge. Please register below:

RETIREMENT PLANNING
Need help planning for retirement? Conveniently meet one-on-one with an investment professional near your UW office or workplace. Meeting with an investment professional is free, and you can schedule it during a time that works for you.

Talking with an investment professional can help you:
• Maximize your retirement savings
• Balance retirement planning with other financial goals
• Build an investment portfolio with the right mix of asset allocations
• Determine your investment strategy
• Achieve your savings goals

Fidelity Consultant

January 25, 2019
Schedule your appointment online

TIAA-CREF Consultant

February 19, 2019
Schedule your appointment online

HOMESTREET BANK WORKSHOP: “Budgeting Essentials”

Wishing more money would stay in your wallet? In this seminar you will learn:

• How to manage your income to meet expenses
• Ways of setting aside money to save for financial goals
• Setting realistic financial goals
• Creating a money management action plan

January 23, 2019
12:00 – 1:00 pm
Register now
Presented by HomeStreet Bank

WE CAN HELP!

Need a facilitator for a department meeting? Want help in planning a training session specific to your group? Need strategic planning or teambuilding expertise?

Richard Wilkinson, AVC Organizational Effectiveness
rwilki@uw.edu 253-692-5874
Deanna Blanchfield, Training & Development Manager
deanna80@uw.edu 253-692-4388