

The Professional Development Team Presents the 16th Annual

ideaPOP!

2018

“Creating a Culture of Well-Being”

Russell House University Union, University of South Carolina

May 16, 2018

Program Overview

8:00 AM	CHECK-IN & CONTINENTAL BREAKFAST
9:00 AM	WELCOME (<i>Ballroom</i>) <i>Dr. Dennis Pruitt</i> <i>Dr. Jabari Bodrick</i> <i>Hayley Efland</i>
9:15 AM	KEYNOTE ADDRESS (<i>Ballroom</i>) <i>Bobby Audley, Penneau Training Group</i>
10:15 AM	CONCURRENT SESSIONS I
11:15 AM	CONCURRENT SESSIONS II
12:05 PM	LUNCH (<i>Ballroom</i>)
1:00 PM	INTERACTIVE WELLNESS AT LUNCH*
2:15 PM	CONCURRENT SESSIONS III
3:15 PM	CONCURRENT SESSIONS IV
4:05 PM	CLOSING SESSIONS & DOOR PRIZES (<i>Ballroom</i>)
4:30 PM	CONFERENCE ADJOURNS

*The “Interactive Wellness at Lunch” session will consist of several different activities designed to teach attendees how to live healthier. Attendees will self-select these activities during check-in.

KEYNOTE ADDRESS, 9:15 AM

Energy is Everything! – The extraordinary impact of how you show up in life, work and relationships

Bobby Audley, Penneau Training Group

Wellness Dimension(s): Emotional, Environmental, Financial, Intellectual, Occupational, Physical, Social, Spiritual

Russell House Ballroom

In a career of constant change, shifting responsibilities, and sometimes overwhelming demands happening at the same time as our everyday life responsibilities, it's important to be conscious of the energy you give and receive from the world around you. Energy IS NOT about being loud and excited and jumping around and high fives; it is about the attitude we intentionally bring to our environment and those around you. Additionally, it's about creating a space for others to thrive, create and contribute in a meaningful way. This interactive session will help you define energy as it pertains to how you show up in the world, give you the tools for building intentional and invested relationships, and give you permission to find a work/life balance that helps you be at your best for both of your worlds.

Learning Objectives:

1. Gain a self-assessment and team tool for measuring attitude and its relation to performance
2. Learn tools to intentionally invest in better team, school and family/social relationships
3. Learn the 'Theory of Margins' and how understanding it will help you

About the Keynote Speaker

Bobby Audley is a nationally recognized team-building and group dynamics facilitator and speaker that is able to bring a group in through his warmth, humility and tremendous ability to connect to life. Bobby began his career working in higher education as a Leadership Specialist. After his time as an NCAA lacrosse player, Bobby spent time coaching lacrosse at the NJCAA level and spent 3 years working for Project Ascent, specializing in team development. Bobby spent three years as the founder of Outside the Zone, a leadership speaking company, before joining the Penneau Training Group in 2015. Bobby was twice featured on the TEDx stage, speaking on growth through difficulty and how to build meaningful connections with others.



CONCURRENT SESSIONS I, 10:15 AM

Invest in your ENERGY tank!: A deeper dive into the 'Theory of Margins'

Bobby Audley, Penneau Training Group

Wellness Dimension(s): Emotional, Environmental, Financial, Intellectual, Occupational, Physical, Social, Spiritual

Room 203

During the keynote Bobby will introduce the 'Theory of Margins.' Using the principles of this theory we will discuss how to effectively invest in your 'energy tank' in order to set you up for success in and out of the office. The 'Theory of Margins' states that in order to effectively take on more work or personal responsibilities, you must ensure you have an abundance of fillers vs drains in your life. In this session you will identify your own fillers and drains and design a strategy for ensuring you are living your best life.

Creating a Culture of Resiliency in the Midst of Chaos

Dr. Anna Edwards

Wellness Dimension(s): Emotional, Occupational, Physical, Social

Room 205

As student affairs professionals, it can be difficult to maintain a culture of wellness with the expectations of jobs, students, families, professional development and career advancement. However, we know the importance of wellness in creating a work environment where individuals can be successful and students can model best approaches. We all have good days and challenging days, but how we bounce back, refocus our approach, and develop a plan can set individuals apart from one another. Participants will discuss resiliency and grit in the context of finding balance and perspective for overall well-being.

Rec Your Wellness

Kim Dozier, Chrissy Strow, Don Mills, Carrie Armstrong & Michael Lagomarsine

Wellness Dimension(s): Physical

Room 302

Hear from Campus Rec professionals, from a variety of areas, about the different programs & services you, as faculty/staff, have access to. Common misconception is that we are only for students. You too can take adventure trips, sweat during Zumba, play softball and participate in personal training. Let us help you Get Rec'd.

Imposter Syndrome

Christina Jones

Wellness Dimension(s): Emotional, Intellectual

Room 304

According to the American Psychological Association, imposter syndrome is "when high achievers are unable to internalize and accept their success, attributing their accomplishments to luck instead of ability and constantly fearing that others will unmask them as a fraud." Anyone at any level of their career is subject to this phenomenon, but graduate students and new professionals are especially vulnerable. This session is designed to destigmatize these feelings of inadequacy, talk more in depth about this common phenomenon, and provide strategies to overcome them to help individuals continue their paths to successful careers.

CONCURRENT SESSIONS II, 11:15 AM

Surviving Adulthood with Grit

April Scott

Wellness Dimension(s): Emotional, Social

Room 203

This session will address obstacles that professionals face as they navigate what is casually called “adulthood”. Life events such as transition, job loss, impostor syndrome, relationship difficulties, and interpersonal conflict will be discussed through the lens of resilience. The facilitator will also discuss protective factors and traits commonly associated with success.

Self Care and the Daily Grind

Amanda Castles

Wellness Dimension(s): Emotional, Physical

Room 205

How do you start or end each day? What routines do you have in place to make sure you’re taking care of #1? The daily grind can wear you down, but it is important to find your balance between stressors and self-care. Join this session to learn about holistic wellness and how to build a better daily grind with free resources on campus.

Creating Green and Healthy Office Spaces

Max Ciarlone & Hayley Efland

Wellness Dimension(s): Environmental

Room 302

Interested in learning how to make your office a greener, healthier work space? The Sustainable Carolina’s Green Office Certification Program is designed to help faculty and staff reduce the environmental footprint of their workplace. This program recognizes departments who are making the effort to incorporate sustainable practices into their daily activities, including energy conservation, resource consumption, waste diversion, alternative transportation, and recycling. As a result of attending this session, participants will: learn the benefits of “green” office space, understand the certification process, and complete steps in the certification process. Twenty-two offices at USC have already gotten certified...will your’s be next?

Basics of Healthy Eating

Olivia Jolly

Wellness Dimension(s): Physical

Room 304

Many students and staff struggle with making nutritious food choices in their daily routine. This session, led by a Registered Dietitian Nutritionist, will teach you how to build healthy meals and snacks with appropriate portion sizes. Choosing meals at restaurants will also be discussed. Attendees will also learn about wellness resources for faculty and staff.

CONCURRENT SESSIONS III, 2:15 PM

Interpersonal Effectiveness

Christina Jones & Talisha Telsee

Wellness Dimension(s): Social

Room 203

The social dimension of wellness will be explored via interpersonal effectiveness skill building. Attendees will learn how to be skillful in getting what they want and need from others, building relationships, and creating and maintaining balance in relationships. We will discuss how to set healthy boundaries in the workplace, specifically related to dealing with difficult people, as well as how to fit in amongst a diverse group of individuals.

Financial Management: Basics Skills for Debt-Free Living

Kevin Sheppard

Wellness Dimension(s): Financial

Room 205

Do you know exactly how much money you have right now, or how much money you spent in the last seven (7) days? This course is designed to teach individuals a simple yet powerful approach to financial management and the freedom it brings. Get to know yourself and your money! You will learn the basic skills necessary to living a debt-free life. You will be able to ask yourself the appropriate questions to determine why things are not being done correctly and what you can do to address the issues. Participants will practice real life financial management using industry-accepted tools and practical examples for take home future reference and application.

Creating a Supportive Environment for Caregivers on our Campus

Dianna Colvin & Amanda Castles

Wellness Dimension(s): Emotional, Social

Room 302

Formerly known as the Lactation Support Initiative, the Parent and Kinship Care Network seeks to provide support, education and connection to students, faculty, and staff caring for children from birth to age five. As the network has evolved to include all types of caregivers, the services offered have also changed. This session will detail ways that Student Health Services is promoting inclusive and holistic services to improve the lives of the University of South Carolina community.

The Manager's Role in Employee Well-Being

Kim Pruitt

Wellness Dimension(s): Emotional, Environmental, Financial, Intellectual, Occupational, Physical, Social

Room 304

Good managers are your best employee wellness strategy. How are you connecting the dots for your employees? What to expect as employees; what to deliver as managers (seasoned or new).

CONCURRENT SESSIONS IV, 3:15 PM

Global Perspectives of Well-Being

Chrissie Faupel, Taylor Armstrong & Julie Medlin

Wellness Dimension(s): Emotional, Environmental, Financial, Intellectual, Occupational, Physical, Social, Spiritual

Room 203

This session aims to highlight how other cultures understand the concept of health and well-being. We will give examples from around the world about how to achieve a sense of well-being.

No Limits? Talking with Students about Substance Use

Melissa Ridgeway & Aimee Hourigan

Wellness Dimension(s): Emotional, Physical, Social

Room 205

In a culture where high-risk drinking is common, students who are developing dependence or even addiction can seem “normal”. Expertise in substance use is not required to help students identify when to make a change. In this interactive presentation, explore what’s normal, what’s not, and how to talk about it as well as the campus resources for you and them.

From *Golden Girls* to *The Office*: Understanding personalities at work

Ryan Patterson & Lauren Haynes

Wellness Dimension(s): Emotional, Occupational, Social

Room 302

Frustrated by a colleague’s different approach to completing work projects? Maybe you’re the Ron Swanson to your coworker’s Leslie Knope, you share a space like Monica and Rachel, or you wear the white hat like Olivia Pope. In this session, we’ll connect favorite pop culture characters to the Workplace Big 5 Personality Inventory, a tool used by the Leadership and Service Center to help individuals understand how their unique personalities influence working with others. Whether you’ve watched these shows or you’ve never heard of them, join us to enhance your social wellness through a new understanding of personality!

A special thank you to our ideaPOP! conference volunteers. We could not have done this without you!

About the Division of Student Affairs & Academic Support

This event is brought to you by the Division of Student Affairs and Academic Support’s Professional Development Team. The Division of Student Affairs and Academic Support collaborates with campus and external constituents to provide access, facilitate students’ progress and persistence, advance learning, and shape responsible citizens and future leaders.



WELLNESS DEFINED

Emotional wellness is striving to meet emotional needs constructively, responding resiliently to emotional states and the flow of life events. You deal with a variety of situations realistically, and are learning how your behaviors, thoughts and feelings affect one another and your decisions. You take responsibility for your own behavior and respond to challenges and opportunities. An emotionally well person is self-aware and self-accepting, while continuing to develop as a person. Emotional wellness is the ability to form interdependent relationships based on mutual commitment, honesty and respect.

Environmental wellness is an awareness of the precarious state of the Earth and the effects of daily habits on the physical environment. It is respect for creation and the beauty and balance of nature. Environmental wellness involves maintaining a way of life that maximizes harmony with the Earth and minimizes harm to the environment. It includes being involved in socially-responsible activities to protect the environment.

Financial wellness is the balance of one's financial attitude, financial situation, behaviors and financial satisfaction. It is not about being wealthy or rich, but it's about feeling in control over your current finances and financial future.

Intellectual wellness is having a curiosity and strong desire to learn. It is a lifelong process of creating and reflecting upon experience, staying stimulated with new ideas and sharing. It is discovering challenges, overcoming barriers and integrating opportunities to grow, make plans, develop strategies and solve problems in an academic community dedicated to leadership in service to others. It is the ability to engage in clear thinking and recall, and to think independently, creatively and critically.

Occupational wellness is a fit between who you are called to be and what you are called to do. It is finding the place where your deep desires and gifts meet the needs of the community. A "vocationally well" person expresses his or her values through paid and volunteer activities that are personally rewarding and that make a contribution to the well-being of the community. Vocational wellness involves continually learning new skills and seeking challenges that lead to personal growth and a better world. Listening for and following your vocational following is a lifelong process.

Physical wellness is respecting and caring for your body. You apply knowledge, motivation and skills to enhance personal fitness and health. You make healthy and positive choices regarding issues affecting your physical well-being including nutrition, physical activity, sexuality, sleep, the use of alcohol and other drugs, self-care and the appropriate use of healthcare systems.

Social wellness is contributing to the human and physical environment for the common welfare of, and social justice within, one's community. It includes promoting a healthy living environment, encouraging effective communication and mutual respect among community members, and seeking positive interdependent relationships with others. It is being a person for others and allowing others to care for you. It is also recognizing the need for leisure and recreation and budgeting time for those activities.

Spiritual wellness is the quest for meaning, value and purpose, resulting in hope, joy, courage and gratitude. It encourages one to develop a personal faith and to seek spirituality in all things. It is the discovery and incorporation of a personal set of values and beliefs that defines the person and places the individual in relation to the larger community, and engages a faith that promotes justice.