

Discover U

Spend the day with us . . . See what YOU can DISCOVER about U!

R-E-L-A-X, Stress Isn't a 4-Letter word. Quick. What's the first word that comes to mind when you hear the word *stress*? Like most things, stress is good and bad. Stress can propel you to peak performance or it can drain your brain. You can choose to react or choose to RELAX. Laugh and learn as professional speaker, trainer and humorist, Robin Getman shares stories and ideas guaranteed to help you harness the best of stress and tame the rest.



Can U Hear Me Now? Which do you prefer: High-speed link? Or, real-time connection: If you're like most people, you're linked, hooked, wired and longing for connection. Turn off your phone and tune into laughter as we practice the art of outcome-focused communication and affirm the value of authentic connection.

Defusing Difficult People & Situations – Sometimes it's the person that is difficult; sometimes it's the situation. Sometimes it's both. Increase your effectiveness by recognizing the difference and learn to respond with grace, confidence and ease.

Discover U!

Wednesday, February 9, 2011

8:30 a.m. – 4:00 p.m.

Great Plains Ballroom

Memorial Union

Discover U is an annual staff development focused workshop organized by Staff Senate at NDSU.

Schedule of Events

8:00 to 8:30 a.m. - Registration & Breakfast

8:30 a.m. - Welcome & Announcements

Bruce Sundeen, Emcee

Kris Mickelson, Staff Senate President

Dean Bresciani, NDSU President

9:00 to 10:30 a.m. - R-E-L-A-X, Stress Isn't a 4-Letter Word

10:30 to 10:45 a.m. - Break

10:45 to 12:15 p.m. - Can U Hear Me Now?

Communicating for Results

12:15 to 1:15 p.m. - Lunch Buffet

1:15 to 2:45 p.m. - Defusing Difficult People & Situations

2:45 to 3:00 p.m. - Break

3:00 to 3:45 p.m. - Defusing Difficult... (Cont'd)

3:45 p.m. - Closing & Door Prizes

Menu:

Breakfast: Strudel sticks, petite caramel/cinnamon rolls, juice

Lunch: Pasta bar with tossed salad

Afternoon Break: Assorted cookies

*Coffee, tea and water will be available

*If you have any dietary needs, please contact Paula Schneider at 231-8127.



Your registration form automatically enters you to win door prizes. Must be present to win.

Registration Form

(Additional forms may be found on the staff senate website at www.ndsu.edu/staff_senate)

Your Name _____

Department _____

Campus Address _____ Phone Number _____

Email _____

Supervisor Approval _____

- My department is paying for my registration – please attach your registration form to an IDB form. If your department is covering the cost for more than one person, we prefer to receive all registration forms with one IDB form. (\$25 per person)
- I have enclosed my personal check for \$25 payable to NDSU Staff Senate. Breakfast and Lunch is included with all registrations.

Return this form along with your check or IDB form to: Jan Lofberg, C&IE 201

Registration Deadline: 5:00 p.m. Wednesday, February 2, 2011

Individuals with disabilities are invited to request reasonable accommodations to participate in NDSU – sponsored programs and events. To request an accommodation(s), please contact Jodi Pierce at 231-8296 by Friday, February 4 to make arrangements.

North Dakota State University does not discriminate on the basis of race, color, national origin, religion, sex, disability, age, Vietnam Era Veterans status, sexual orientation, marital status, or public assistance status. Direct inquiries to the Vice President of Office for Equity, Diversity and Global Outreach, 205 Old Main, (701) 231-7708.