Benefits

Fidelity Investments Workshops for Summer 2012
UC is sponsoring several financial and retirement education classes conducted by Fidelity Retirement Services to help employees learn about investing for retirement and the steps they can take to help ensure retirement readiness. Please visit the UC Focus on Your Future website for the full list of Summer 2012 Financial Education Classes for UC Riverside.

Fidelity Investments Free Financial Education Presentations for Departments
Fidelity Investments Senior Retirement Counselor, Jeff Crowley, is available to tailor a financial education program to meet the needs of individual departments. He is available to conduct the financial education sessions at a time and location that is convenient for the department at no cost. See flyer for details.

Staff Employment & Development

Building Core Supervisory Competencies
Human Resources is now accepting applications for the Fall 2012 session of Building Core Supervisory Competencies Program. This program is specifically designed for employees with one to two years of supervisory experience who want to develop a broad range of skills that can enhance their performance in carrying out supervisory duties.

» Read more

MEI: UCR Diversity Book Club: Follow-up – 7/19/2012
Please join us as we continue our discussion of our first book, The Faith Club by Ranyia Idilby, Suzanne Oliver, and Priscilla Warner

» Register at UC Learning

This class will cover the elements of the UCR performance management cycle including planning for performance, coaching and managing performance and conducting the performance appraisal.

» Register at UC Learning

Performance Management II: Providing Constructive Feedback – 7/25/2012
The purpose of this course is to provide skills that will enable participants to give constructive feedback in a way that builds openness and mutual respect and promotes problem solving and learning.

» Register at UC Learning

Workplace Health & Wellness

BeWell Newsletter
Ergo iSEAT will have a new look!

Beginning August 24, 2012, Ergo iSEAT will be hosted by Omega Health Systems. The new content, accessible through the UC Learning Center, will continue to offer valuable information to assist you with proper workstation set-up and adopting healthy work habits. The transition will also bring exciting changes to the stretch break software program. Detailed information will be provided on the Ergonomics Program website as it becomes available.

Take The StairWell and Hydration Challenge: July 10 – September 6, 2012

Join our 8-week challenge to promote and increase stair usage, physical activity, and hydration. Climb to the top of 8 buildings in 8 weeks! Track your hydration. Receive weekly tips, workouts, and resources. It is not too late to join.

» Learn more

Become a UCR Wellness Ambassador

Join our 53 Wellness Ambassadors to promote and support health and wellness at UCR. Wellness Ambassadors serve a critical role to help create a healthy culture and serve as a liaison between your department and the UCR Faculty and Staff Wellness Program.

» Learn more

School of Medicine Physician’s Wellness Series | August 15, 2012 from 12:00 – 1:00 p.m. in HUB 269

The UCR Faculty and Staff Wellness Program and School of Medicine is pleased to offer a quarterly Physician’s Wellness Series to provide you with information and research on a variety of wellness topics presented by School of Medicine experts. Our next expert speaker will be Dr. Paul Lyons, Senior Associate Dean, Education.

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