Human Resources Has Moved

We are excited to announce that all of the Human Resources units have moved into their new home and are now located at: University Village, 1201 University Avenue (across from UNEX), 2nd fl, Riverside, Ca 92507. Learn more

Education & Development

**Management Skills Assessment Program**  
*Call for Applications for the Fall 2015 Program*

The Management Skills Assessment Program (MSAP) is a UC management development program offering an intensive off-site assessment center experience for early career managers. The goal of MSAP is to help prepare internal employees for future promotional opportunities. The application deadline for the Fall Program (October 12-15) is **July 31, 2015**. Learn more

*Please be sure to complete and submit your application by July 31, 2015.*

**Performance Management II: Providing Constructive Feedback**  
*July 30 and August 18, 2015*

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.

**VMMFG: Veterans, Military Members and Families Group Luncheon**  
*August 7, 2015*

VMMFG provides an opportunity for veterans, members of the military, and members of military families within the UCR campus community to connect and network.

**Performance Management I: The Performance Management Process**  
*August 11, 2015*

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.

**Speaking to Influence Others**  
*August 20, 2015*

This workshop teaches participants how to organize and deliver their ideas to be able to speak clearly, concisely, and convincingly.

» Register at UC Learning

Workplace Health & Wellness

**Fit for Life Physical Activity Challenge**  
*July 15 – August 28, 2015*

A 6-week physical activity challenge to encourage all UCR faculty and staff to move more. Join as an individual or a pair (teams of 2). Minutes of physical activity will be tracked to earn rewards. Learn more
Become a Wellness Ambassador

Wellness Ambassador Orientation / Wednesday, July 22 / 12:00 – 1:00 p.m. / HR Training Room

Wellness Ambassadors serve a critical role to help create a healthy culture and serve as a liaison between their department and the UCR Faculty and Staff Wellness Program. If you would like to join, please contact Julie Chobdee. [Learn more]

UCR Farmshare – 10-Week Summer Program

June 25 – August 27, 2015

UCR Farmshare is a Community Supported Agriculture (CSA) Program – a convenient way for UCR faculty, staff, and students to purchase fresh, local, and healthy produce directly from a farmer. UCR Farmshare is a pre-paid subscription to locally grown fruits and vegetables that can be picked up weekly in a Farmers' Market style environment, right on the UCR campus. [Learn more]

Continuing Health & Wellness Events and Programs

- **Walk and Talk with Leadership Series 2015**: Thursday, July 16 / 12:15 p.m. – Yunzeng Wang, Dean of the School of Business Administration (SoBA). This month’s walk will be held at the indoor track located in the Recreation Center South building – meet at the front desk. [Learn more]

- **Gentle Yoga Practices with Diane / Summer Quarter 2015**: Diane Del Buono, Associate of the Chancellor, will lead gentle yoga poses. [Learn more]

- **UC Living Well – Wellness Benefit / Incentive Program**: Sponsored by Optum Health, find out if you are eligible to earn a $75 gift card by participating in a variety of wellness activities. [Learn more]

- **On-Line AIR (Approach, Inform, Refer) Training**: Learn about and communicate the Smoke/Tobacco-Free policy at UCR. To arrange for training, please contact tobacofree@ucr.edu.

- **Guide to Wellness**: The UCR Faculty / Staff Wellness Program supports your efforts to live a healthy lifestyle and provides tools, resources, and programs to help you in every step of your wellness journey. [Learn more]

[HR Monthly Update Archive]