Don’t Miss Out – Open Enrollment Ends November 24

The 2016 Open Enrollment is your annual opportunity to review your benefits and make changes. You will be able to enroll or change your medical, dental, or visions plans; enroll or de-enroll dependents; enroll or re-enroll in Health/Dependent Care FSA. Learn more

Mandatory UC Cyber Security Awareness Training
Deadline to complete – January 31, 2016

As part of an effort to address the increasing threats to the security of our information systems and data, the University of California is rolling out a comprehensive security awareness training program for all UC staff, faculty, and others who use UC computers or applications. Learn more

Benefits

Balancing Work and Family Life Workshop Series
Part III: Time & Stress Management / November 19, 2015 / 11:00 a.m. – 1:00 p.m. / HUB 367
Part IV: Preparing Your Child for College / December 2, 2015 / 11:00 a.m. – 1:00 p.m. / HUB 269

Balancing Work and Family Life is a four-part brown bag series designed to support families by providing information for various stages of family life including pregnancy disability benefits, nutrition and health, time and stress management, and preparing your child for college. Learn more

Planning for the Future Workshop Series
UC Retirement Benefits Webinar: December 1, 2015 / 11:00 a.m. – 1:00 p.m. / Space is limited / Enroll here

Planning for the Future is a four-part series developed to provide useful information on how to plan for a successful and satisfying retirement. Topics covered include: UC Retirement Benefits, the development of a Living Will, Standard Will and a Living Trust, the UC Retirement Savings Plan, and the overall fundamentals of retirement income planning for early career employees. Learn more

Education & Development

AEO: Affirmative Action / Equal Opportunity 101
November 23, 2015

The MEI Workshop provides a primer on the fundamentals of affirmative action and equal opportunity that affect every aspect of recruitment, employment, advancement, and treatment of applicants and employees.

LUN: Listening for Understanding
December 2, 2015 / Waiting list only

Listening is a powerful and yet often overlooked skill that can be honed and developed. This workshop provides practical tools to improve your ability to listen well.

MEI: Allies Safe Zone Seminar – How to be an Ally to LGBT People
December 3, 2015

The Allies Safe Zone Program is a network of UCR students, faculty, and staff who are supportive of lesbian, gay, bisexual, transgender people, and of anyone dealing with sexual orientation or gender identity issues.

Project and Process Management for Maximum Results
Two-day course / December 8 & 10, 2015
This course examines how to map out and set-up basic project and process management strategies to improve productivity and outcomes. Learn more

**MDP4: Leading Change and Managing Transition**
Two-day course / December 8 & 9, 2015

This course will guide you through the steps of effectively leading change efforts as well as managing the transition that occurs to people. Please see full description for recommended audience. Learn more

» Register at UC Learning

**Workplace Health & Wellness**

**UCR Wellness Video**

UCR cares about your health and encourages all faculty, staff, students, and retirees to live healthier lifestyles and create a culture of health throughout the campus. Learn about various ways UCR stays healthy; physically, mentally, and emotionally. To view the video, please click here.

**Continuing Health & Wellness Events and Programs**

- **Maintain Don't Gain – Holiday Challenge**: Now through January 5, 2015 – join anytime. The program is designed to encourage you to incorporate nutrition, healthy decisions, increased physical activity, and enhanced stress management into your daily life during the holiday season. Learn more

- **Gentle Yoga Practices with Diane / Fall 2015**: Diane Del Buono, Associate of the Chancellor, will lead gentle yoga poses. Fall Schedule

- **Menu of Services**: Learn about an exciting array of innovative health and wellness selections offered by the UCR Faculty/Staff Wellness Program and Ergonomics Program. Learn more

www.hr.ucr.edu