



**Thursday,  
May 30, 2019**

# MISSOURI S&T STAFF ENRICHMENT WORKSHOPS

MISSOURI  
**S&T**

**STAFF ENRICHMENT WORKSHOPS**  
Thursday, May 30, 2019  
Hasselmann Alumni House

8:00 a.m. - 8:30 a.m.

Registration & Refreshments

8:30 a.m. - 9:00 a.m.

5 Minute Stress Relief Strategies

Phil Smith - Counselor, Counseling Services

9:00 a.m. - 10:00 a.m.

Understanding your Benefits

Marcia Lane - Total Rewards Benefits Generalist

10:00 a.m. - 10:45 a.m.

Social Media Etiquette

Lindsey Dunstedter - Social Media Strategist

10:45 a.m. - 11:00 a.m.

BREAK

11:00 a.m. - 12:00 p.m.

Happiness

Mandy Schick - Wellness Program Coordinator

12:00 p.m. - 1:00 p.m.

Break for lunch on your own

1:00 p.m. - 2:00 p.m.

STEP UP!

Jessica Gargus - Managing Director, Miner Wellness

2:00 p.m. - 2:30 p.m.

Work/Life Balance

Lynne Davidson - Counselor, Counseling Services

2:30 p.m. - 2:45 p.m.

BREAK

2:45 p.m. - 3:15 p.m.

FERPA

Kristy Giacomelli - Assistant Registrar

3:15 p.m. - 4:15 p.m.

Improving Your Communication Skills

Patti Fleck - Director, Counseling Services