SMSU Development Day

Wednesday, May 31st, 2023

8:30AM-1:00PM

8:30 AM Breakfast **Lower CC**

8:40 AM Welcome, Lori Wynia **Lower CC**

Director of Online Learning & Transfer Partnerships

8:45-9:30 AM **Mental Health, Respectful Workplace, Living your career dreams Lower CC**

*Presenter: Wendy Mamer, Interim Clinical Director, Western Mental Health Center*

*Wendy Mamer is a dedicated advocate, committed changemaker, and a 2016 graduate of Southwest Minnesota State University. Following graduation, Wendy moved to Sioux Falls to begin her professional career as a residential counselor at a psychiatric in-patient treatment center for youth.  While working there, Wendy’s father died by suicide, and she left that career and began her time in higher education as the assistant director of admission at Augustana University.*

*In 4.5 years at Augie, Wendy left an impact. She broke the record for recruiting the most students in one year and the most students from one high school. She advocated for necessary policy changes to support systemically non-dominant students, which led to Augie recruiting its most diverse class in school history.*

*While there Wendy was recognized as the Minnesota Association of College Admission Counseling’s (MACAC) Rising Star Award recipient, and received the 2020 MACAC legacy grant.*

*In 2020, Wendy was the first speaker selected under the age of 30 for TEDxSiouxFalls. Her TED Talk titled Survivor of Suicide Loss: A Title I Never Wanted has since become the most viewed TEDxSiouxFalls talk on Youtube. Her advocacy work has earned her recognition such as a 2022 Argus Leader Person to Watch in South Dakota, as well as a SiouxFalls.Business 30 under 30 recipient. She was also a candidate for the South Dakota House of Representatives in 2022.*

*Wendy currently serves as the Suicide Loss and Support Coordinator at the Helpline Center, as well as the Lead Organizer for TEDxSioux Falls. She looks forward to her time with all of you today, sharing how leading from a place of vulnerability and empathy empowers those around you, and most importantly, yourself.*

9:45-10:30 AM **CONCURRENT SESSION I** (choose one to attend)

1. **Ergonomics at the workplace – work smarter not harder and take care of your body** **CC 211**

*Presenter: Kris Cleveland, Associate Professor of Exercise Science*

Focus: sitting ergonomics, sit to stand ergonomics at the computer/workstation, proper techniques for lifting, carrying, pushing and pulling. Will also cover resources available to SMSU staff to help improve their workstation.

Resources:

* Sit-stand desk trial
* Ball chair trial
* Movable standing desk trial
* Ergonomic assessments by a Doctor of Physical Therapy
* (Check out mini-fridges – lactation grant)
* Health and Wellness resources - [SEGIP / State of Minnesota (mn.gov)](https://mn.gov/mmb/segip/)

**B. Let’s Move At Work CC 214**

*Presenter: Joy Boerboom, Fitness and Nutrition Coach*

We all know the benefits of exercise but once we get home from work, we are busy and exhausted!  Our schedules are full and don't leave a lot of room for that long walk or session at the gym.  No worries!  In this session, you'll learn how you can move more AT WORK!  We'll discuss how to get the benefits of exercise without the added time constraints, safe and easy ways to get your heart rate up, how to get out of your desk more and even exercises and stretching you can do at your desk.  Plus, learn some tips/tricks on how to maximize your muscle gains and fat loss

**C. Healthy Food Prep for the Work Week CC 212**

*Presenter: Rachelle Deutz, Avera Clinical Dietitian*

“Is deciding what to make for supper or what to pack for lunch a challenge at times? Do you find yourself spending more time than you’d like in the kitchen on a busy weeknight? If this is you and you’d like to learn more about making nutritious food choices throughout the week, while spending less time in the kitchen, join Rachelle Deutz, registered dietitian, to learn more about meal prepping. In this break out session, Rachelle will discuss the different ways to meal prep, so you can determine which method works best for you. She will also provide recipes, meal prep ideas, and resources for additional information.”

**D. SMSU Branding CC 213**

*Presenter: Marcy Olson, Director of Communication and Marketing*

SMSU Branding: What's it all about?

Branding is *the process of giving meaning to our University by creating and shaping the institution's image in the eyes of the public*.

Why does branding matter? How can you help build the brand? Learn about the history of our colors and mascot. We'll talk about how you can implement branding in your daily work. Bring your questions!

10:45-11:30 AM **CONCURRENT SESSIONS II**

**Same sessions as Concurrent Session I (choose one to attend)**

11:30 AM- 1:00 PM Lunch **Lower CC**

*Employee Development Philosophy Statement*

*We are committed to developing the talents of Minnesota State Colleges and Universities’ employees. We value our employees and understand that continuous learning benefits the entire system by developing and maintaining employee skills that link directly to achieving organizational goals and objectives. Supporting successful leaders at all levels also builds institutional capacity to better serve our students and our communities. This commitment is realized as a shared responsibility between each employee and each college, university, or the Office of the Chancellor.*

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