Staff Success Days
June 21-25

2021 UNM Staff Council Staff Success Days
Brought to you by Staff Council Staff Success Committee and Employee & Organizational Development
Click on the link to register for the individual session you would like to attend.

Schedule at a Glance

Monday, June 21
10 – 11 a.m.
Collaboration: Practice a Key Skill That Allows You to Overcome Obstacles and Build Bridges
Anne Lightsey, Ombuds for Staff

Noon – 1 p.m.
Personal Financial Planning
David Duque, District Vice President VALIC Financial Advisors, Inc.

2 – 3 p.m.
Emotional Intelligence: Boost Your EQ for Success at Work
Kate Williams, M.A., Cristina Serrano-Johnson, Ph.D, EOD

Tuesday, June 22
10 – 11 a.m.
Talking about Pay- A Guide for Employees and Supervisors
Stacie Jackson, UNM Compensation

Noon – 1 p.m.
Making Diversity, Equity and Inclusion a Priority
Dr. Lindsay Smart, Associate Vice Chancellor for Leadership and Faculty Equity & Inclusion
Valerie Romero-Leggott, MD, UNM HSC
Vice Chancellor of the Office for Diversity, Equity & Inclusion, UNM HSC

2 – 3 p.m.
Your Midday Meditation Reset
Tracey L. Briggs, Employee Wellness

Wednesday, June 23
10 – 11 a.m.
Writing Successful Resume and Cover Letters for UNM Jobs
Autumn Collins, Career Services

Thursday, June 24
10 – 11 a.m.
What’s Next? Exploring Life after Retirement from UNM
Heather Ver Brugge, Career Services

Noon – 1 p.m.
Developing a Fitness and Movement Routine While Working from Home
Lauren Lewis, MS, CPT, Employee Wellness

1 – 2 p.m.
Virtual Engagement
Bonnie Minkus Holmes, Ph.D and Kate Williams, M.A., EOD

2 – 3 p.m.
Maximizing Your UNM Benefits
Cherie Knight, M.A., ChFC, Benefits & Employee Wellness

Friday, June 25
10 – 11 a.m.
Make Work-From-Home Work for Your Wellness
Reed Vawter, MS, RDN, CSOWM, LD, Employee Wellness

Noon – 1 p.m.
Off Balance
Vanessa Roybal, Employee Wellness
Presenter Information and Schedule
June 21-25, 2021

Monday, June 21

10–11 a.m.
**Collaboration: Practice a Key Skill That Allows You to Overcome Obstacles and Build Bridges**

**Presenter Name:** Anne Lightsey, Ombuds for Staff

**Presentation Description:** Participants will identify and practice an essential skill which will help them collaborate more effectively, find common ground, demonstrate respect, and possibly change the world.

**Presenter Bio:** Anne Lightsey is a member of the UNM Ombuds Services for Staff team. Every day Anne sees staff and their coworkers arrive for their Ombuds visit with a problem, questions, conflict, or idea, and leave with their goals identified and prioritized, and with a game plan for how to more forward productively. Anne has been a mediator for over 30 years, is a certified Crucial Conversations® trainer and Certified Organizational Ombuds Practitioner®.

Noon – 1 p.m.
**Personal Financial Planning**

**Presenter Name:** David Duque, District Vice President VALIC Financial Advisors, Inc.

**Presentation Description:** Join us to learn more about:

- How to manage all aspects of your financial life
- Gain control over your financial life
- Understand how your financial life impacts all areas of your personal life
- Become more productive in other areas of your life, including the ability to focus on family, friends and work

**Presenter Bio:** David’s experience and knowledge make him a valuable resource. He has been associated with the AIG Retirement Services companies since 2009. He has also been in the financial services industry for 19 years.

2 – 3 p.m.
**Emotional Intelligence: Boost Your EQ for Success at Work**

**Presenter Name:** Kate Williams, M.A., Cristina Serrano-Johnson, Ph.D, EOD Consultants

**Presentation Description:** As we continue to navigate workplace challenges presented by COVID-19, the importance of emotional intelligence continues to grow. While we can’t do much to raise our IQ, EQ can and does increase, especially when you apply strategies to grow your capacity. In this presentation, we’ll cover the 5 skills involved in emotional intelligence, as well as practical ways to use these skills in productive ways in your work and your life.

**Presenter Bio:** As an EOD consultant, Kate curates’ educational experiences for UNM employees focusing on themes of leadership, personal and professional development, and targeted strategies to improve outcomes at work aligned with organizational missions and visions as well as best practices for diversity, equity, access, and inclusion. Kate holds a B.A. in International Relations from Mount Holyoke College and an M.A. in Organization, Information, and Learning Sciences from the University of New Mexico.

Cristina Serrano-Johnson was born in Colombia. Her areas of interest include organizational learning, leadership development, coaching and mentorship, computer-based simulations, universal design for learning, teaching, training and program evaluation. As a consultant in the EOD department, she enjoys facilitation, training, mentorship and coaching, both teams and individuals, to unlock and develop their talents and to discover their full potential at the workplace.
Tuesday, June 22

10 – 11 a.m.
**Talking about Pay - A Guide for Employees and Supervisors**

**Presenter Name:** Stacie Jackson, HR Compensation Manager

**Presentation Description:** Pay is an integral part of employment at UNM. It matters to us both professionally and personally. But how do you know what you should be paid? In this presentation, you’ll learn about how pay is administered at UNM and you’ll gain insights on how employees and supervisors can engage in productive, positive and transparent conversations about pay.

**Presenter Bio:** Stacie Jackson currently serves as the HR Compensation Manager within the Division of Human Resources. In her role, she manages staff compensation programs and offerings, leading the implementation of institutional efforts that aim to enhance UNM’s capacity to attract, engage, motivate and retain talented employees. She earned her Master of Business Administration (MBA) degree from UNM Anderson School of Management and holds certifications as a Certified Compensation Professional (CCP – World at Work) and a Certified Professional under the Society for Human Resources Management (SHRM-CP).

Noon – 1 p.m.
**Making Diversity, Equity and Inclusion a Priority**

**Presenters Names:** Dr. Lindsay Smart & Valerie Romero-Leggott, MD

**Presentation Description:** This presentation will introduce participants to a social-ecological approach to making diversity, equity and inclusion a priority for ourselves as individuals and the UNM HSC system as a whole. By the end of the presentation, it is hoped that participants recognize that:

1. As individuals we can make diversity, equity, and inclusion a priority by aligning our diversity, equity and inclusion efforts with our own values.
2. As a system, UNM HSC can make diversity, equity and inclusion a priority by embedding diversity, equity and inclusion principles in every systemic layer of the UNM HSC and ensuring appropriate resource allocation and ease of practice when it comes to implementing diversity, equity and inclusion strategies.

**Presenter Bios:**

Lindsay Smart, Ph.D. is the Associate Vice Chancellor for Leadership and Faculty Equity & Inclusion in the University of New Mexico Health Sciences Center Office for Diversity, Equity & Inclusion where she leads initiatives that promote diversity, equity and inclusion among faculty, students, and staff within the UNM Health Sciences Center. Dr. Smart is an Assistant Professor and Licensed Clinical Psychologist in the University of New Mexico School of Medicine Department of Psychiatry and Behavioral Sciences.

Dr. Romero-Leggott is a first-generation college, native New Mexican Hispana with strong roots in her cultural heritage. She received her Bachelor of Arts degree from Harvard University and her medical degree from the University of New Mexico (UNM), School of Medicine. Dr. Romero-Leggott MD has been a primary care provider on the forefront of treating populations burdened by socio-economic, racial and ethnic disparities. She presently serves as Vice Chancellor of the Office for Diversity, Equity & Inclusion at the UNM Health Sciences Center (HSC), Professor in the Department of Family & Community Medicine, and the UNM HSC Endowed Professorship in Equity for Health.

2 – 3 p.m.
**Your Midday Meditation Reset**

**Presenter Name:** Tracey L. Briggs, MA, CPT

**Presentation Description:** Got Stress? Meditation and mindfulness can contribute to an improved sense of calm. Take part in this guided meditation session to minimize anxiety, manage stress, and accentuate your wellbeing.

**Presenter Bio:** As the supervisor of Employee Wellness, Tracey shapes and inspires a commitment to well-being by empowering the UNM population to learn more about and to invest in their health. Tracey has over 35 years of health and wellness experience, holds a Master's degree in Psychology, and is presently working toward a PsyD. in Clinical Psychology.
Wednesday, June 23

10 – 11 a.m.
Writing Successful Resume and Cover Letters for UNM Jobs

Presenter Name: Autumn Collins

Presentation Description: Interested in applying for other positions at UNM or just want to update your resume? This session will provide some great guidance around the following:

- Tailor your resume to a specific job every time.
- Write a successful cover letter that lands an interview: Tips and tricks will be shared.
- Learn about the services offered at Career Services for staff – free and confidential!

Presenter Bio: Autumn Collins started at UNM Career Services as a counseling intern in 2008 and quickly discovered the joys of career counseling. She has advanced over the years from intern to Career Development Facilitator (CDF), to CDF Senior, and now Career Counseling Manager. She recently became a Licensed Professional Clinical Counselor (LPCC) who specializes in career development. Autumn has worn many hats over the years at UNM including serving on Staff Council, taking PhD courses in Educational Psychology, and teaching academic courses in various departments such as Anderson School of Management, University College, and Educational Psychology. She enjoys helping adults of any age grow in both career and life, reminding us all that career development is lifelong and inextricably linked to mental health.

11 a.m. – Noon
Roundtable Discussion with Members of the IT Leadership Team

Presenters Names: Brian Pietrewicz - Deputy CIO, Elisha Allen, – Academic Technologies Director, Greg Gaillard – Campus Outreach Associate Director, Alesia Torres – Applications Director, Elaine Rising will act as moderator – Community Events Associate Director

Presentation Description: As UNM returns to campus after a year of working from home for most staff, student employees, and faculty, the future of work and possibilities presented by telework are timely.

Join members of the IT Leadership Team for a roundtable discussion on remote work/return to work topics. IT roundtable participants work across the campus to provide the online and hardware tools and resources supporting online work and learning every day – from your office, home, the duckpond, or virtually anywhere.

From supporting technology in classrooms, conference rooms, and offices to managing UNM’s network and application infrastructure, IT has become the backbone of much of the university’s work and teaching environment. Alesia Torres, Brian Pietrewicz, Elisha Allen and Greg Gaillard look forward to sharing the lessons learned in IT this past year while working remotely and future possibilities powered by remote work and telecommuting.

Presenter Bios:
Alesia Torres is the UNM IT Applications Director and a technology professional with extensive experience managing multiple areas of IT; coaching, mentoring and building medium to large IT teams. She has 20 years of experience delivering software solutions, stable/scalable technology environments, and strategic objectives.

Brian Pietrewicz is Deputy CIO of UNM IT. He obtained his BA from Western Maryland College in 1996 and his MBA from Mount St Mary’s University in 2008. He has 20 years of IT experience spanning public, private, and academic sectors. He has served in roles ranging from System Engineer of a private liberal arts college to Chief Information Officer of a state institution with a budget of over $5.5B. Brian has served as the Director of Computing Platforms for UNM for the last 4 years. Brian was named Deputy Chief Information Officer July 1, 2017.

Elaine Rising is the UNM IT Community Outreach and Engagement Associate Director. She holds a BBA and an MBA, both from Southern Methodist University. She began her career at American Airline’s corporate headquarters as a senior planning analyst, and has held positions as a project manager, consultant, or owner operator for companies ranging from large, publicly traded companies to small local companies. Elaine holds both the Information Technology Information Library Foundations and the Project Management Professional certification.

Elisha Allen is the UNM IT Academic Technologies Director and holds an M.B.A. and a bachelor's degree in Environmental Design with a minor in Spanish from UNM, and is also an alumnus of the Online Learning Consortium/Penn State Institute for Emerging Leadership in Online Learning. Elisha has been working on the design and
development of online course delivery, educational multimedia, knowledge management systems, and web-based applications since 1995. Elisha is also a previous Staff Council President.

**Greg Gaillard** is the UNM IT Campus Outreach and Engagement Associate Director. He graduated from Vassar College in 1988 with a degree in Philosophy. He joined the UNM IT community in 1998 as an Associate Director at the Health Sciences Center. Prior to his position at the HSC, he spent nine years working for the Medical College of Georgia in several roles including technology support for clinical and academic areas.

In 2008 Greg took a unique IT management opportunity at the Anderson School of Management to align Anderson IT services with campus-wide initiatives in a manner that was beneficial for the school and UNM community. As the Associate Director of Campus Outreach and Engagement, he works with UNM’s Information Technology Officers and others to foster a UNM IT culture of creative problem solving with effective results.

2 -3 p.m.  
**UNM Finance 101**

**Presenters Names:** Teresa Costantinidis, Sr. Vice President for Finance and Administration and James Paul Holloway, Provost and Executive Vice President for Academic Affairs

**Presentation Description:** Are you interested in learning more about UNM finance? Now is your chance to hear advice and guidance from two of UNM’s top administrators who will present on financial information and will conclude with an open Q & A.

**Presenters Bios:**

**Teresa Costantinidis** currently serves as the University of New Mexico’s Senior Vice President for Finance & Administration, Teresa Costantinidis is responsible for the units that provide financial, administrative, and other support functions to the UNM main campus including the Financial Services Division, Human Resources, Information Technologies, UNM Police Department, Environmental Health & Safety, Policy and Institutional Support Services.

Teresa has higher education budget, financial, and administrative management experience spanning over 30 years. Prior to this position, Teresa was the University of California, San Francisco’s Vice Chancellor and Chief Financial Officer, responsible for planning and administering the overall campus operating and capital budgets, costing policy, federal indirect cost rate negotiations, recharge, enterprise-wide decision support, risk management, insurance services, and planning and institutional analysis. At the UC Berkeley campus Teresa served as the Assistant Vice Chancellor for Budget & Resource Planning and Senior Assistant Dean and Chief Operating Officer for the Haas School of Business.

Teresa is an active presenter and board member of the Western and National Association of College and University Business Officers. She holds an MBA degree from UC Berkeley, a BS degree in Biological Sciences from UC Davis, and is an active and contributing board member to industry and community organizations.

**James Paul Holloway** is the Provost and Executive Vice President for Academic Affairs at the University of New Mexico, and a Professor in Nuclear Engineering in the UNM School of Engineering. He is also Arthur F. Thurnau Professor Emeritus and Professor Emeritus of Nuclear Engineering and Radiological Sciences at the University of Michigan.

Professor Holloway earned Bachelors and Master’s degrees in Nuclear Engineering from the University of Illinois, a CAS in Mathematics from Cambridge University, and doctorate in Engineering Physics at the University of Virginia, where he was subsequently Research Assistant Professor of Engineering Physics and Applied Mathematics. Professor Holloway joined the faculty of the University of Michigan as an assistant professor for Nuclear Engineering and Radiological Sciences in January 1990.

Subsequently promoted to Associate then Full professor, in 2007 he was named an Arthur F. Thurnau Professor in recognition of outstanding contributions to undergraduate education. Later that year, he became associate dean for undergraduate education for the College of Engineering. He served as Vice Provost at Michigan from 2013-2019, with a growing portfolio of responsibilities covering global engagement, engaged learning and scholarship, and interdisciplinary academic affairs.
Thursday, June 24

10 – 11 a.m.
What’s Next? Exploring Life after Retirement from UNM

Presenter Name: Heather Ver Brugge, Career Services

Presentation Description: Thinking about retirement? Wondering what comes next? Join Certified Career Counselor Heather Ver Brugge for an introductory workshop to explore – and enjoy - your life after retirement from UNM.

- Explore your assumptions about retirement.
- Identify the changes that this transition may bring and the resources you have to navigate these changes.
- Learn about the services offered at Career Services for faculty and staff – free and confidential!

Presenter Bio: Heather has had the privilege of serving in the role of Career Development Facilitator and working with our dynamic, creative team of career professionals at the Office of Career Services since August 2012. Before coming to UNM, she worked at a local high school where she discovered her passion for working with young adults as they embark on their college careers and begin to explore their future career options. Heather has a Master’s degree in Counseling from UNM and is a licensed mental health counselor and certified career counselor.

Noon – 1 p.m.
Developing a Fitness and Movement Routine While Working from Home

Presenter Name: Lauren Lewis, MS, CPT, Employee Wellness

Presentation Description: If you’re working from home, it’s easy to be mostly sedentary all day compared to when you were on campus. You don’t have to walk far to get to your office or even walk down the hall to talk to a coworker! While working from home has it benefits, many have seen a decline in their daily movement and have found it difficult to stick with a regular exercise routine. In this presentation, Lauren will cover strategies to making fitness and daily movement a priority while working from home and show how fun and convenient it is to do at-home workouts!

Presenter Bio: Lauren is an experienced fitness consultant and group fitness instructor that has worked with all different fitness levels throughout her career. She loves helping clients discover their inner athlete and realize their full potential in and outside the gym. As a health education consultant, Lauren enjoys presenting on a variety of fitness and wellness topics to help UNM employees optimize their overall health. She is a National Academy of Sports Medicine certified personal trainer and holds a Master’s degree in Community Health Education from UNM.

1 – 2 p.m.
Virtual Engagement

Presenters Names: Bonnie Minkus Holmes, Ph.D and Kate Williams, M.A., EOD

Presentation Description: We are being asked to conduct meetings, facilitations and presentation virtually more and more these days. This presentation will give you tools to increase engagement and participation in your virtual interactions on Zoom and Teams. We will also look at some of the tools UNM offers for collaboration and sharing of your online meetings, presentations and facilitations.

Presenter Bios:

Bonnie Minkus-Holmes, PhD is a Senior consultant at EOD. Originally from Chicago, Bonnie moved to Albuquerque to complete her PhD in language, literacy and sociocultural studies. Bonnie facilitates leadership development, coaching, change management as well as effective communication techniques.

Kate Williams, M.A.- As an EOD consultant, Kate curates’ educational experiences for UNM employees focusing on themes of leadership, personal and professional development, and targeted strategies to improve outcomes at work aligned with organizational missions and visions as well as best practices for diversity, equity, access, and inclusion. Kate holds a B.A. in International Relations from Mount Holyoke College and an M.A. in Organization, Information, and Learning Sciences from the University of New Mexico.
2 – 3 p.m.

Maximizing Your UNM Benefits

Presenter Name: Cherie Knight, M.A., ChFC

Presentation Description: Want to get the most out of your UNM Benefits? Then this is the session for you! Cherie will present on the following and answer any of your questions:

- Review your UNM-sponsored benefits including medical, dental, vision, life, disability, and long-term care insurance
- A Flexible Spending Account (FSA) can make your medical, dental, vision, and dependent care even more affordable by saving additional tax
- Learn about Wellness Initiatives offered all year including quality nutrition programs, positive movement classes, stress management techniques, and financial education via one-on-one consulting, coaching, workshops and small group wellness services available at no cost to you!

Presenter Bio: Cherie Knight currently manages financial projects for University of New Mexico Human Resources Division. Throughout her life, Knight has focused on building strong business and personal relationships based on foundations of honesty, integrity, common values, and trust.

Knight earned a B.A. in Horticulture from Colorado State University in Fort Collins, M.A in Math and Science Education from University of Northern Colorado in Greeley, and earned her Chartered Financial Consultant (ChFC) Designation from American College in 2004. She holds insurance licenses in 3 states and is a member of the International Foundation of Employee Benefits (IFEBP).
Friday, June 25

10 – 11 a.m.
**Make Work-From-Home Work for Your Wellness**

**Presenter Name:** Reed Vawter, MS, RDN, CSOWM, LD

**Presentation Description:** Working from home has the potential to boost your productivity and well-being! It can improve sleep, increase activity, and reduce overall stress. But it also comes with challenges that can lead to overwork, sitting too much, overeating, and even burnout. We’ll discuss wellness strategies to help make the most of your WFH routine.

**Presenter Bio:** Reed is a registered dietitian nutritionist who is a board-certified specialist in obesity and weight management. He is also a NASM certified personal trainer. Reed leads the LifeSteps Weight Management classes offered by Employee Wellness throughout the year. He is also available for individual counseling and department presentations. Reed helps faculty and staff find sustainable approaches to lifestyle change across a variety of health goals, including weight loss, digestive issues, sports performance, and more.

Noon – 1:00 p.m.
**Off Balance**

**Presenter Name:** Vanessa Roybal, Employee Wellness

**Presentation Description:** Balancing work and life is a continuous process! Join Vanessa in discussing how not to get bogged down with the day-to-day tasks but how to create boundaries, reduce your stress, and take on life with a holistic point on view.

**Presenter Bio:** Vanessa Roybal is a Health Education Consultant with HSC Employee Wellness. She is committed to improving the well-being of the UNM community as she successfully coordinates a variety of UNM-wide wellness initiatives. Vanessa earned her Bachelor’s degree in Health Education from the University of New Mexico and is currently pursuing her Master’s degree in Community Health.