



# University Life Professional Development January 2025 Newsletter

Hello University Life members,

We hope your spring semester is off to a successful start! The UL Professional Development newsletter is back in action with some upcoming events highlighted below, definitely be sure to check them out. We are looking forward to being in community with you at the UL All-Staff Meeting & Celebration Breakfast on Wednesday, February 5!

As we continue to develop our resources and communications in UL Professional development, we would love to hear your feedback about our newsletter. If you have a few minutes either click the link below, or scan the QR code to let us know what you think!

We would also like to welcome our new GPA, Emma Marchant! They will be helping out with the Graduate Staff Academy, marketing and communications, and unit-related programming. If you see them around, say hi!

From,

The UL Professional Development Team

# UL All Staff Celebration Breakfast & Meeting Spring 2025

Date: Feb 5, 2025

Time: 8:30am - 12:30pm

Venue: Dewberry Hall, JC

RSVP for the UL Celebration Breakfast

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## UL Pro Dev is looking for Feedback!

We'd love your feedback on the UL Pro Dev Newsletter! Take less than 10 minutes to fill out this form and let us know your thoughts by either clicking this link: <https://forms.office.com/r/QLfL3vk7v4> or by scanning the QR code below.



# Save the Date! Manager Meetups!



## SUPERVISION COLLECTIVE'S MANAGER MEET-UP SPRING 2025

SAVE THE DATE

**Forward Thinking as a Supervisor: Strategies  
for success + managing staff evaluations**

*Thursday, February 13, 2025 2:00PM-3:00PM*

**Navigating Age Difference in the Workplace**

*Thursday, March 13th, 2025 from 2:00pm-3:00pm*

**Sharing Your Team's Success: Storytelling  
strategies & practices**

*Thursday, April 17th, 2025 from 2:00pm-3:00pm*

### Manager Meetup

Join the Supervision Collection for our monthly Manager Meetups! Sessions focus on various topics impacting supervisors and are interaction based between participants. All are welcomed in this space. You do not need to be a supervisor to attend!

*Register  
Now*

SCAN HERE



# Upcoming Colleague Conversation

UNIVERSITY LIFE LEARNING & DEVELOPMENT  
COMMITTEE PRESENTS

## COLLEAGUE CONVERSATION

THE **PODCAST**  **SERIES**

Workplace Well-Being Conversation



Virtual – MS Teams



February 11 (Tuesday)



1:00PM – 2:00PM



[Podcast Link Here](#)

**Join us!**



We all have patterned ways of managing our day-to-day anxiety, and these patterns can often manifest in the workplace in times of stress or overwhelm.

Join us for a discussion on ‘under functioning’ and ‘under functioning’ as patterns to anxiety, how anxiety can be contagious, and how we can cultivate a calm practice.

### Materials to review

1. Listen to Podcast Episode: [Brené on Anxiety, Calm + Over/Under-Functioning](#)

**REGISTER NOW**



UNIVERSITY LIFE  
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**Registration Link:**  
<https://bit.ly/3WztVSV>

# Productivity Power Hour!

## JOIN UL FOR A PRODUCTIVITY POWER HOUR! GET IT DONE !

### **Are you tired of struggling to get work done?**

Join us once a month for the UL Virtual Productivity Power Hour! These sessions serve as a friendly environment to help you get your work done efficiently and effectively.

### **Bring your work, projects, reports, etc. to our Productivity Power Hour Virtual Session!**

UL Professional Development will have some resources and lots of support to help you advance your priorities! - Drop in at any time!

Meet with us once a  
month on Fridays at 1pm!



### **REGISTER AT:**

[HTTPS://VIRTUAL-PRODUCTIVITY-  
POWER-HOUR.EVENTBRITE.COM](https://virtual-productivity-power-hour.eventbrite.com)



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# UL Professional Development Consultation Services

University Life's Professional Development team is here to support you with customized consultations designed to meet your unique needs. Whether you're planning a team retreat, developing a training program, or seeking individual career coaching, we offer a range of services to help you achieve your goals.

Complete the intake form and let the adventure begin!



## Tailored Support for You and Your Team's Professional Development Journey

The University Life Professional Development team is here to help with everything from team retreats to individual coaching.

Complete our intake form to schedule an initial meeting. We'll help design a plan to support you and your team's unique goals and growth needs.

[forms.office.com/r/d3EJJZVQcz](https://forms.office.com/r/d3EJJZVQcz)

UL Professional Development -  
Consultation Services Intake  
Form



### CONSULTATION SERVICES INCLUDE



Retreat Development  
for Unit/Team



Customized Team  
Training and  
Workshops



Program Design



Graduate Professional  
Assistantship  
Development



Thought  
Partnership/Brainstorming

### CONTACT:



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[ulprofdev.gmu.edu](http://ulprofdev.gmu.edu)



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# Visit the UL Professional Development calendar for more events listing and updates.

<https://ulprofdev.gmu.edu/calendar/>

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Let's Get Connected!

