



The mission of Wellesley College is to educate women who will make a difference in the world.

FEATURED VENDORS





Wellesley College
Human Resources Office
106 Central Street
Wellesley MA 02481
781.283.3202
FAX 781.283.3663

Benefit Programs and Training & Development Series

Fall 2011/ Winter 2012

Human Resources is pleased to present the new fall/winter series offerings. Space is limited; to RSVP or pre register see instructions below for specific programs or register <https://socrates.wellesley.edu/stafftraining/registration.cfm> . Many sessions take place from 12:30 – 1:30, bring your lunch.

I.Benefits Program Series

Date/Time	Title/Description/	Location
Health and Wellness		
10/12 Webinar	Parenting as Partners: Negotiating Differences Presented by Parents in a Pinch and in partnership with Jewish Family & Children's Service. Limited space , must pre register https://www3.gotomeeting.com/register/246764206 12:30 – 1:30 Suggested audience: employees with children	
10/18 Webinar	The ABCs of Working XYZs AllOne Health presents a webinar focusing on today's workforce that is comprised of generations with different values and priorities. Learn to identify the characteristics and key motivational factors of each generation to foster successful work groups. Website: www.allonehealth.com For Username and password please visit the HR homepage and Click on the  logo. Noon, 2:00 and 4:00 Suggested audience: all	
10/26	Listening, Limit Setting, Letting Go, Lead to Launching Presented by Parents in a Pinch in conjunction with Amy Brinn, LICSW, Parenting Coach this two-part workshop learning how to communicate with your children and foster age appropriate independence, this workshop will focus on what you can do right away to make parenting a joy and enrich family life. Come with your specific parenting concerns and we'll discuss those as well. 7:30 PM-8:30 PM Suggested audience: employees with children	Parents in a Pinch 45 Barlett Crescent, Brookline, MA
11/9 Webinar	Food Battles: Getting Kids to Eat Green Presented by Parents in a Pinch and in partnership with Jewish Family & Children's Service. Limited space , must pre register https://www3.gotomeeting.com/register/895011598 12:30 – 1:30 Suggested audience: employees with children	
11/9	BENEFITS FAIR	SAVE THE DATE
	Biometrics & Health Coaching: Blood Pressure, Body Mass Index, Cholesterol and Glucose Screening. Flu Clinic: Greatly reduces absenteeism during flu season. Come visit with our Benefit Vendors to see what is new. Light refreshments. 8:30-Noon Suggested audience: all	Alumnae Hall NO RSVP Necessary
11/15 Webinar	High-Impact Parenting AllOne Health presents a webinar that explores active and energetic parenting and discusses principles of respect, discipline, and communication between adult and child family members. Website: www.allonehealth.com For Username and password please visit the HR homepage and Click on the  logo Noon, 2:00 and 4:00 Suggested audience: employees with children	



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Financial Services

- 1 Learn
- 2 Prepare
- 3 Engage

Visit the website for more details



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Benefits Program Series (Continued)

12/7 **Healthy Holiday Cooking**

Library Lecture Room

Harvard Pilgrim HealthCare will present how to make holiday meals appealing, tasty and healthy.
12:30-1:30 Suggested audience: all


12/14 **The Most Valuable Toy in the World**

Webinar

Presented by Parents in a Pinch and in partnership with Jewish Family & Children's Service.
Limited space, must pre register <https://www3.gotomeeting.com/register/895011598>
12:30 – 1:30 Suggested audience: employees with children

12/20 **Tune-Up Your Search Engine**

Webinar

AllOne Health presents a webinar that teaches you effective ways to find the information you need on the Internet. The Internet can help you find anything, but how do you search through the vast wealth of information out there? Website: www.allonehealth.com
For Username and password please visit the HR homepage and Click on the  logo
Noon, 2:00 and 4:00 Suggested audience: all

Jan-Feb. **Mindfulness...At Work for You**

This 6-part series can help participants reduce stress, be more productive and creative at work.
To view more information visit the Healthy You website at
<http://web.wellesley.edu/web/Dept/HR/healthyu.psmi>.
Limited space available Suggested audience: all

RETIREMENT PLANNING

October

Learn the Basics of Saving and Investing for Retirement

College Club/Library Lecture Room

Attend one of the TIAA-CREF sessions to review the following aspects of retirement planning, how much might you need in retirement, start saving early and prioritize your savings, investment terms and options and asset allocation- the right mix for you. Investment choices. A review of the Wellesley College 403 (b) Retirement Plan will be presented. Refreshments will be provided.

10/ 4 College Club 5:00 pm-6:30 pm 10/6 Library Lecture Room 8:30 am-10:00 am
10/ 13 Library Lecture Room Noon-1:30 pm 10/17 Library Lecture Room 12:30 pm-2:00 pm

Suggested audience: all

10/18, New Investment Menu 10/26, with Financial Education Seminars 11/10 & Drop-in Information Desks

Library Lecture Room

Plan to attend one of the TIAA-CREF seminars. You can attend a seminar based on your current investments or attend the seminar that best fits your schedule. The following topics will be reviewed: why changes are being made, your new retirement plan investment menu, transitioning to the new investment menu, and get started now with voluntary contributions. For more detail on dates, times and what you will learn visit the following link: <http://web.wellesley.edu/web/Dept/HR/TIAA-CREF/tiaa-cref.psmi>

Suggested audience: all



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II. Training & Development Series

To Increase your competencies and skills

Date/Time	Title/Description	Location
1/25	<i>Creative and Innovative Thinking</i> Presented by AllOne Health this seminar will grow, tone and stretch your creativity. You, your department and your organization all benefit from exercising innovation. Come and explore how to overcome creative blocks and generate new ideas. As a result of attending this seminar, you will be able to tap your creativity, while helping others to access their innovative side. Bring your lunch to this <i>learning at lunch</i> seminar. 12:30-1:30 Suggested audience: all	Library Lecture Room
2/6	<i>Send Your Message Up, Down and Across the Organization</i> Let's face it: communication is all about impact, and frequently our message does not make the impact we had hoped. Presented by AllOne Health, the goal of this seminar is to help the employee send intentional, impactful messages upward and laterally. This seminar also provides managers with strategies for communicating with subordinates and navigating the politics of communicating laterally and upward. Bring your lunch to this <i>learning at lunch</i> seminar. 12:30-1:30 Suggested audience: all	Library Lecture Room
3/1	<i>Working in the Multigenerational Workplace</i> When considering workplace diversity, most people think of race, religion, and ethnicity. However, today's workplace is perhaps most diverse with regard to age. Each generation complains about the other generation. This is NOT new. What is new is the magnitude of the differences. Today's four separate generations have unique backgrounds and distinctive talents that they bring to the workplace. Presented by AllOne Health this seminar will help individuals better understand themselves and the diverse group within which they work. Bring your lunch to this <i>learning at lunch</i> seminar. 12:30-1:30 Suggested audience: all	Library Lecture Room