

# HR HAPPENINGS

## Employees in School Lunch Club

Are you a YC employee and also a student working on any level degree or certificate?

Would you like the camaraderie of other employees who are also in school?

Join us the second Tuesday of each month at noon in the Rider Diner!

No agenda, no pressure, no registration, no homework...just a time to share your experience with others.

Bring your lunch and look for the table with the Employees in School Lunch Club sign.

### Fall 2019 dates:

Nov. 12

Dec. 10

### Spring 2020 dates:

Jan. 14

Feb. 11

Mar. 17 (3<sup>rd</sup> Tues. due to Spring Break)

Apr. 14

May 12

Check it out at [Wellbeing at YC page too.](#)



Participants in the Outward Mindset Train-the-Trainer training, Oct. 1-3, 2019 with trainer Jo Schaeffer (far left). Stay tuned for upcoming Developing and Implementing an Outward Mindset trainings!

## Upcoming Trainings

### Search Committee Training

If you will be serving on a hiring search committee in the next year, this training is for you! You will learn how the hiring process works, important dos and don'ts for serving on the committee, appropriate questions to ask in the interview, and more! This training will soon be required for every member of a search committee, so get in early!

**When:** Friday, Oct. 25, 2019, 9 – 11 am

**Where:** Prescott Campus, 19-224

**RSVP:** Space is limited! [Register online here!](#)



### Valuing Differences – Creating Unity

Each color represents a primary personality type, and all four colors lay the foundation of True Colors' fun and insightful personality identification system.

Join Chief Human Resources Officer Emily Weinacker at the YC Prescott Valley Center to learn YOUR True Colors and how they work best with others' True Colors.

**When:** Friday, Nov. 8, 2019, 9 – 11 am

**Where:** PV Center, 40-216

**RSVP:** Space is limited! [Register online here.](#)

October 14, 2019

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## Wellbeing at YC

### Health Coach

Would you like to lose weight, improve cholesterol, reduce hypertension, or manage diabetes or stress? Do you need fresh ideas for eating well or putting life back into a tired exercise routine? Health Coach Desiree Lewis can help you meet your wellness goals! You can now set up individual 20-minute wellness appointments (free!) at either the Prescott Campus or Verde Valley Campus.

For more information and to schedule your appointment, please [click here.](#)

### Wellness Council of AZ

#### Sugar 101 Wellness Webinar

What do cupcakes, candy, milkshakes, and funnel cakes all have in common? They are all high in sugar! Learn all about natural and refined sugar and their health risks. Also discover tips to cut back and how to identify the several names for sugar on a nutrition label.

Oct. 16., 12:10 – 12:30 pm

[Register now!](#)

