# HEAPPENINGS

# Employees in School Lunch Club

of each month in the Rider Diner for camaraderie with other employees who are working and in school.

Are you thinking about returning to school? You can join us too and learn about how other employees are juggling work, school, and life!

Upcoming dates:

- Nov. 12
- Dec. 10
- Jan 14
- Feb. 11
- Mar. 17 (due to Spring Break)
- Apr. 14
- May 12





## **REDUCING STRESS & BOOSTING EMOTIONAL** INTELLIGENCE AT WORK: **New Flexible Options**

Learn more about how mobile learning and micro-lessons can make a bottom-line impa

Thursday, November 21, 2019 12:15 pm MST





In this webinar exclusively for Wellness Council of Arizona Members, you'll hear about one of today's hot topics - how to reduce employee stress and build emotional intelligence in the workplace.

### The statistics are staggering with over 90% of employees stressed out at work and 40% with high levels of anxiety, according to a recent Forbes article. And, the cost to the bottom line is significant

Attendees will hear from the team at Levelhead, one of our Preferred Providers, regarding new program options to combat this and reverse the trends, including:

- The state of the American worker (4 min) Importance of building Emotional Intelligence skills via mobile learning (3 min)
- The Levelhead digital solution and what sets it apart (12 min) Two new program options - one specifically for small groups (5 min)
- Q&A PLUS! Helpful gratitude tips from Wellness Council of AZ Executive Director, Dan Johnson (3 min)

We invite you to register today and get your questions answered. Space is limited

Can't attend live? You should still register. We'll be sending out slides and a recording to all participants after the webinar

## **Register** Now!

Click here to register for Reducing Stress & Boosting Emotional Intelligence at Work

## November 8, 2019

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## Fitness At Your Fingertips!

## FREE 20 MINUTE WEBINAR

FREE TO ALL WELCOAZ MEMBERS AND THEIR EMPLOYEES

Do you have a computer or a smartphone? Would you like to use these tools to help you with fitness and nutrition? Discover exciting and useful fitness and nutrition apps, gadgets and websites. Learn how to incorporate these into your fitness routine to optimize your results.

## November 20, 2019

## 12:10pm - 12:30pm MST

Presented By: Nancy Donnell-Pineda, Associate Directo

**REGISTER NOW!** 

Click here to register for Fitness at **Your Fingertips Webinar** 





# The YC Way Awards

The YC Way is comprised of the three pillars: Relationship Excellence, Service Excellence, and Learning Excellence. The YCSA Employee Recognition Committee has proposed the prestigious YC Way Awards, a biannual honor, to be given every Fall and Spring Convocations to three YC employees.

Each award will be given to an employee who personifies one of the three pillars. To learn more about the three pillars, <u>please click</u> <u>here.</u> All YC employees, faculty, staff, and administration are eligible to be nominated for a YC Way Award. You may nominate anyone: peer-to-peer, supervisor-toemployee, and employee-tosupervisor. To nominate, visit the <u>YC Way Award page</u> and scroll to the bottom of the page to access the links to the forms. The last day to submit nominations is November 25.

Thank you for taking the time to nominate a deserving fellow employee.

# Compensation Study

Hello Supervisors/Directors,

## Please see the attached information

regarding the 2019-2020 compensation review process. This year's focus will be full-time regular employees in Grades 1-8.

## ACTION REQUIRED:

If you have employees in grades 1-8 who have had significant changes to their jobs over the last two years, they will need to <u>submit a JAQ</u> to you for approval. Supervisors must review and approve JAQ and submit to Human Resources no later than November 22 to have it considered.

You should have already received a list of your impacted employees. If not, please contact your HR Business Partner.

## JAQ online

Questions? Please ask your HR Business Partner.

# Holidays -YC Closed

Just a reminder that Yavapai College will be closed on the following dates, so don't come to work!

Nov. 11 Veterans Day

Nov. 27-29 Thanksgiving

Dec. 21-Jan. 5 Winter Break

Jan. 20 MLK Jr. Day

Mar. 8-14 Spring Break

## What were they doing? Who remembers this very cool event?

