



IT'S A HUMBER WORLD

CREATING

**MAGICAL
EXPERIENCES**

February 17 – 20, 2015

WE ARE

HUMBER



This document is available in an alternate format upon request.

President's Message

Welcome to the 2015 Support Staff Appreciation Week: “It’s a Humber World—*Creating Magical Experiences*”. This year marks the 27th anniversary of this professional development opportunity for our support staff and allows us to celebrate the contributions you make to this College.

There have been many changes that have been implemented over the past year and whether you work directly or indirectly with our students, it is through your efforts and dedication that we have been able to move forward and provide the exceptional support that contributes to our ability to realize our vision, mission and values.

On behalf of the Administration team at Humber, thank you for your continued support and hard work and we hope that this year’s SSAW provides you with the opportunity to experience workshops that enhance your knowledge and skills.



President & CEO,
Chris Whitaker

SSAW Planning Committee

Thank you to the following Support Staff for their hard work and time putting together SSAW 2015.

Ann Gardner, Office of the Registrar

Dawn-Marie Warren, Centre for Teaching & Learning

Dia Gonzales, School of Health Sciences

Garry Shaw, Department of Public Safety

Isabel Maksymjuk, School of Media Studies & Information Technology

Janet Stewart, Office of the Registrar

Kathy Donaldson, Student Success & Engagement

Laura Josephs, University of Guelph-Humber

Leanne Henwood-Adam, Athletics

Natasha Curtis, Office of Registrar

Rita van der Veen, School of Health Sciences

Sophia Reid, Office of Advancement and Alumni Relations

Victor Morgan, School of Hospitality, Recreation & Tourism

Julie Pellegrini, HR Services, Committee Chair

Maureen Martin-Edey, HR Services

Nancey Adamson, HR Services



John Formica

Keynote Speaker

SSAW APPRECIATION LUNCHEON

John, an **“Ex~Disney Guy”** and leading authority in the service industry , is known as **“North America’s Customer Experience Coach.”** As a former Disney Leader, John will share his incredible experiences, with us, real best practices and proven Disney success strategies to help us create a **“Magical” Customer/Student Experience and Culture.** Plan to be inspired, engaged and empowered to achieve extraordinary results.



PROGRAM LIST



Programs At A Glance

Competency: Customer Service Skills

- Attitude is Contagious!
- Service with a Smile (Achieving Service Excellence)
- Make Their Day! FISH Philosophy
- Making Relationships Magical!



Competency: Communication/Interpersonal Skills

- Communicating with Influence
- Insights Discovery – Beginning the Journey
- Perfecting Your Presentations
- Writing with Style (Magical Secrets of Word Warriors)

Competency: College Knowledge

- Banner – An Overview
- Bring the Magic of Tropical Plants Indoors
- Discover the Humber Arboretum – On Snowshoes
- Follow the “Buzz” Scavenger Hunt ~ Sustainability @ Humber
- New Employee Orientation
- Renew, Refresh, Recreate ~ Turn your project into a Treasure!
- Tour of Health Sciences Labs

Programs At A Glance

Competency: Entrepreneurial Skills

- Creativity & Innovation

Competency: Project Team/Supervisory Skills

- Event Planning 101

Competency: Time/Self Management Skills

- De-Stressing Workshop

Competency: Computer /Technical Skills

- MS Excel – Intermediate
- MS Outlook – Intermediate/Advanced
- MS PowerPoint – Advanced
- The World of Photoshop
- iPad Interactive & Discussion Group



Programs At A Glance



Competency: Personal Development

- Adapting to Change
- Hardcover Book Art Sculpture
- Introduction to Art of Drawing
- Needlepoint – *an old art made new!*
- Sewing – Hand Stitching & Mending
- Using Your Digital Camera
- YouTubing



Competency: Employee Wellness

- Resilience at Work
- Caribbean Dancing
- CPR/AED
- Healthy Cooking – Creating Nutritious Meals on a Budget
- Lunchtime Volleyball Games
- Mental Health/First Aid
- Yoga Chi with Mo

February 17, 2015	February 18, 2015	February 19, 2015	February 20, 2015
CPR /AED 8:00 am – 12:00 noon D236	Mental Health First Aid – (Feb 17 & 18) 8:30 am – 4:30 pm B208	Mental Health First Aid – (Feb 19 & 20) 8:30 am – 4:30 pm B208	Banner - An Overview 8:30 am – 10:30 am Room B106
Adapting to Change 9:00 am – 12:00 noon B207	MS Excel (Intermediate) 9:00 am – 12:00 noon E343	Insights Discovery 8:30 am – 4:00 pm B106	"Follow the Buzz!" Scavenger Hunt 9:00 am – 11:00 am Staff Lounge
Discover the Humber Arboretum – On Snowshoes Centre for Urban Ecology 9:30 am – 11:00 am OR 1:30 pm – 3:00 pm	Attitude is Contagious 9:00 am – 12:00 noon B106	New Employee Orientation 8:30 am – 1:30 pm Room B308	Bring the Magic of Tropical Plants Indoors 9:00 am – 10:30 am Greenhouse
Communicating with Influence 9:00 am – 12:00 noon B106	Tour of Health Sciences Labs 9:00 am – 12:00 noon M205	Caribbean Dancing 9:00 am – 10:30 am A227	SSAW 2015 Appreciation Luncheon "The Keys to Create a 'Whistle While You Work' Team Atmosphere" 11:30 am – 2:00 pm Humber North Gymnasium 
Event Planning 101 9:00 am – 12:00 noon B215	Writing with Style! 10:00 am – 12:00 noon B212	Creativity & Innovation 9:00 am – 12:00 noon B202	
The World of Photoshop 1:00 pm – 3:00 pm B207	Resiliency at Work – Lunch 'n Learn 12:00 noon – 1:00 pm B207	Make Their Day! FISH Philosophy 10:00 am – 12:00 noon B212	
Lunchtime Volleyball 12:00 noon – 1:00 pm OR 1:00 pm – 2:00 pm Gym A, North Campus	Using Your Digital Camera 1:00 pm – 2:30 pm B202	Sewing – Hand Stitching & Mending 12:00 noon – 1:00 pm B214	
Healthy Cooking - Creating Nutritious Meals on a Budget 1:00 pm – 4:00 pm D128	Service with a Smile 1:00 pm – 4:00 pm B106	CPR /AED 12:00 noon – 4:00 noon D236	
Hardcover Book Art Sculpture 1:00 pm – 4:00 pm B214	MS PowerPoint (Advanced) 1:00 pm – 4:00 pm E343	YouTubing 1:00 pm – 2:30 pm B215	Yoga Chi with Mo 2:45 pm – 4:15 pm A227
Needlepoint - An Old Art Made New 1:00 pm – 4:00 pm B215	Introduction to the Art of Drawing 1:00 pm – 3:00 pm B215	MS Outlook - Intermediate/Advanced 1:00 pm – 4:00 pm E343	
De-Stressing Workshop 1:00 pm – 4:00 pm B212	Renew, Refresh, Recreate - Turn your Project into a Treasure! 1:00 pm – 4:00 pm B214	Making Relationships Magical! 1:00 pm – 3:30 pm Community Room	



PROGRAM DESCRIPTIONS



Adapting to Change

Facilitator: Julie Pellegrini, HR Services

Time: 9:00 am – 12:00 noon

Location: Room B207, North Campus



In today's environment, change is the only constant. For organizations to embrace change, their people must change. People can change if organizations do not, *but* organizations cannot change unless people do. This module helps those faced with change learn how to overcome barriers to accepting change and use tools and techniques to help embrace change.

CPR /AED

Facilitator: Nicole Catanacci, School of Health Sciences

Time: 8:00 am – 12:00 noon

Location: Room D236, Humber Campus



This 4 hour CPR/AED course will be provided by a Red Cross First Aid/CPR instructor and is intended to provide the skills and confidence needed to recognize and respond to cardiovascular emergencies and choking either in the workplace or at home. The course will also familiarize employees with the AEDs that have recently been installed on campus and how to use them.

Communicating with Influence

Facilitator: Pat Spiteri
Time: 9:00 am – 12:00 noon
Location: Room B106, North Campus



This workshop will give you a strategy for speaking effectively. By understanding how to say what you want to say, your confidence level will rise. You will leave the session with a process that will allow you to speak comfortably and effectively and be confident you delivered your message with influence.

Discover the Humber Arboretum – On Traditional Snowshoes

Facilitator: Jimmy Vincent, Centre for Urban Ecology
Time: 9:30 am – 11:00 am
Location: Urban Ecology Centre, North Campus



The Centre for Urban Ecology, Humber Arboretum offers various interactive nature study programs to encourage a better understanding of our environment. For this tour you will be strapping on a pair of traditional snowshoes and sampling some of the nature programs that are offered. Discover the wildlife that lives in the valley such as beavers, deer, owls, winter birds, raccoons, and muskrats. The tour will start from the Centre for Urban Ecology. Snowshoes will be provided. If by chance we do not have snow, please wear your appropriate walking boots for this tour.

Tuesday, February 17, 2015 – Morning Sessions

Mental Health First Aid – 2 Day Program

Dates: February 17 & 18, 2015
Facilitators: Alessia DiVirgilio & Shivon Raghunandan, SSE
Time: 8:30 am – 4:30 pm
Location: Room B208, North Campus



The MHFA Canada program aims to improve mental health literacy and provide the skills and knowledge to help people better manage potential or developing mental health problems in themselves, a family member, a friend or a colleague. The program teaches people how to recognize the signs and symptoms of mental health problems, provide initial help, guide a person towards appropriate professional help. **Note: Participants must complete both days to obtain a certificate.**

Event Planning 101

Facilitators: Nancey Adamson, HR Services & Sophia Reid, Advancement
Time: 9:00 am – 12:00 noon
Location: Room B215, North Campus



An event is a gathering of people for a specific purpose and whether you are planning a business meeting, educational workshop or a social/special event the day should run smooth. This workshop will give participants the opportunity learn about the many aspects of event planning, including: establishing a team; creating the theme; developing an action plan, checklists and deadlines; booking a venue; creating menus and floor plans; and costing and evaluating the event.

Tuesday, February 17, 2015 – Afternoon Sessions

Hardcover Book Art Sculpture

Facilitator: Isabel Maksymjuk , School of Media Studies & Information Technology

Time: 1:00 pm – 4:00 pm

Location: Room B214, North Campus



How many hard cover books do you have lying around that's gathering dust? Want to repurpose them? There's a great way to show them off.

Learn to transform used books into folded art. By following a template, you can use the pages of a book to create words, numbers or shapes. You'll be amazed as to what you have made.

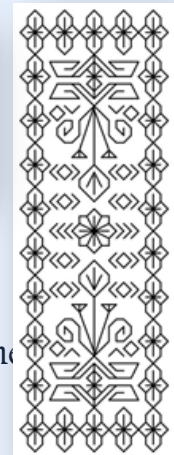
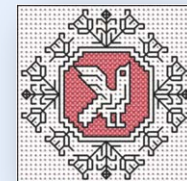
All you need is a hardcover book (**between 380 to 420 pages**), a pencil and a ruler.

Needlepoint– *An Old Art Made New!*

Facilitator: Rita van der Veen, School of Health Sciences

Time: 1:00 pm – 4:00 pm

Location: Room B215, North Campus



This is your opportunity to learn a new art or brush up on your skills. In this session we could be working on various projects that will allow us to do either a counted cross stitch as a book mark done in Blackwork. Another option is an Assissi pattern for a potpourri sash card insert or Christmas ornament. And lastly if there is a project you have and would like to try, please check with Rita before the class.

Tuesday, February 17, 2015 – Afternoon Sessions

De-Stressing Workshop

Facilitators: Risa Handler & MT McNabb, Student Success & Engagement

Time: 1:00 pm – 4:00 pm

Location: Room B212, North Campus



More often than not, we feel overwhelmed with too much to do, deadlines to meet and it all becomes very stressful. This session, presented by Humber's Counselling and Health Centre staff, will explore what stress is, its physiological and psychological impact, and its role in mental illness; we will also look more specifically at workplace stress. Tools for self-care, stress management and supporting others will be discussed and demonstrated.

Lunchtime Volleyball

Time: 12:00 noon – 1:00 pm OR 1:00 pm – 2:00 pm

Location: Gym A, North Campus



Join us in the gymnasium for one hour of activity and fun, playing Volleyball with your colleagues! **No registration required** - just come prepared to play a few games. Get moving and enjoy! Please wear comfortable athletic clothing and proper gym shoes. Bring your water bottle with you.

Discover the Humber Arboretum – On Modern Snowshoes

Facilitator: Jimmy Vincent, Centre for Urban Ecology

Time: 1:30 pm – 3:00 pm

Location: Urban Ecology Centre, North Campus



The Centre for Urban Ecology, Humber Arboretum offers various interactive nature study programs to encourage a better understanding of our environment. For this tour you will be strapping on a pair of modern snowshoes and sampling some of the nature programs that are offered. Discover the wildlife that lives in the valley such as beavers, deer, owls, winter birds, raccoons, and muskrats. The tour will start from the Centre for Urban Ecology. Snowshoes will be provided. If by chance we do not have snow, please wear your appropriate walking boots for this tour.

The World of Photoshop

Facilitator: Mike Ferguson, Student Success & Engagement
Time: 1:00 pm – 3:00 pm
Location: Room B207, North Campus



Photoshop – It's actually a verb in the dictionary, so let's Photoshop it! Learn the basics on how to scale, crop, color correct and simply make all your pictures shine. We will primarily be concentrating on preparing images for the web to make sure all your photos are crisp, clear and have the maximum impact they deserve.

*Previous experience not necessary, this is crash course to get you started on the right foot in digital image editing.

Healthy Cooking ~ Creating Nutritious Meals on a Budget

Facilitator: Chef Frank Mastromattei
Time: 1:00 pm – 4:00 pm
Location: Room D128, North Campus



Need great dinner ideas that can be prepped, cooked and served in a jiffy, that won't leave your pocketbook empty? In this workshop you will discover how you can create delicious healthy dishes that will make every meal as easy as it is tasty.

Participants are expected to stay and help clean up the lab after the workshop.

Writing with Style (Magical Secrets of Word Warriors)

Facilitator: Sara Chappel, Marketing & Communications
Time: 10:00 am – 12:00 noon
Location: Room B212, North Campus



Good writing slips silently by the eyes, captivating readers with its content and never drawing attention to its mysterious tricks and techniques. Not-so-good writing, on the other hand, is clumsy and loud, banging into walls and distracting readers with every clunky misstep. In this session, you will learn:

- What “style” means in a writing context
- Common style conventions used in publications at Humber College
- How to deal with common grammar, usage and punctuation issues
- Tips and tricks for editing your own work

MS Excel (Intermediate)

Facilitator: Tony Mayadunne
Time: 9:00 am – 12:00 noon
Location: Lab E343, North Campus



In this Intermediate level Excel workshop, we will cover formulae, linkages and manipulating tables, and applications of Excel to a variety of business situations. You will have an opportunity to edit and format worksheets, create charts and use intermediate –level functions and formulas, using new features of Excel 2010.

Attitude is Contagious!

Facilitator: Mary DiCaro
Time: 9:00 am – 12:00 noon
Location: Room B106, North Campus



Attitude is everything! It affects everything you do, both personally and professionally. This motivating session will help you recognize how the power of your choices influences your attitude and the outcomes you experience in your day to day encounters. It will enable you to examine the difference it can make in your relationships with people, while providing you with proven strategies to take control of your challenges and opt for opportunity.

Tour of Health Sciences Labs

Facilitator: Rita van der Veen, School of Health Sciences
Time: 9:00 am – 12:00 noon
Location: Room M205, North Campus



Again this year, the School of Health Sciences is inviting you into the must-see labs within our school. Where else would you be able to see the back room of a pharmacy, the inside of an ambulance, and a SimMan that has vital signs and real life medical problems?

Service with a Smile

Facilitator: Mary DiCaro
Time: 1:00 pm – 4:00 pm
Location: Room B106, North Campus



The key to personal and organizational success lies in the experience each of us provides to those we deliver service to. Whether it is external or our internal customers, each and every interaction creates our signature service – one that can seal the reputation and fate of our organization. This enlightening workshop will enable you to realize the impact that your choices, behaviours and actions has on the customer experience, as well as your work environment. Discover how easy and empowering it is to apply best practices tools, techniques and strategies with your internal and external customers in helping one another become successful.

Using Your Digital Camera – from Auto to Manual

Facilitator: Diana Berdichevsky, Student Success & Engagement
Time: 1:00 pm – 2:30 pm
Location: Room B202, North Campus



In this workshop, we'll get down to the three basic principles necessary for taking your camera off auto so that you can gain the confidence you need to play around in manual while getting to know the functions you actually need. Understand your lighting conditions, select the proper F stop, shutter speed and ISO and walk away with the basics necessary to take more beautiful and creative portraits and stills. Bring your DSLR's. We'll hop behind the camera and practice some new found skills!

Last 10-15 minutes we can delve a little deeper for those that feel confident with the basic principles we will cover.

MS PowerPoint (Advanced)

Facilitator: Tony Mayadunne
Time: 1:00 pm – 4:00 pm
Location: Lab E343, North Campus



The most powerful thing about PowerPoint is not in mastering the many techniques and tools it has, but in how we use those tools to design and execute powerful, interesting and innovative presentations. In this workshop we will primarily focus on designing slides with impact, enhancing presentations, and using images to drive home key messages. This workshop is directed to people who are already familiar with the use of PowerPoint, and would like to polish up their slide design and presentation skills.

Introduction to the Art of Drawing

Facilitator: Professor Marc Colangelo, School of Media Studies & Information Technology
Time: 1:00 pm – 3:00 pm
Location: Room B215, North Campus



The two-hour workshop will introduce participants to the underlying principles of strong, representational (realistic) drawing. Participants will gain an understanding of the drawing principles of proportion, gesture, shape and value through short, drawing exercises. The goal of the drawing workshop is two-fold: one, it's designed to remove the mystery of representational drawing (it is not a God given talent but a learned skill), and two, to give participants some solid precepts to improve their own drawing and visual skills.

Resiliency at Work – Lunch ‘n Learn

Facilitator: Shepell - FGI
Time: 12:00 noon – 1:00 pm
Location: Room B207, North Campus



Resilience is often described as your ability to bounce back from adversity. Being resilient is an important building block of individual and organizational health and well-being. At the end of this seminar, participants will be able to do the following:

- Understand the factors that contribute to resiliency.
- Recognize how attitudes, actions, and choices contribute to resiliency.
- Implement strategies for thriving under pressure.

Renew, Refresh, Recreate ~ Turn your project into a Treasure!

Facilitator: Leanne Henwood-Adam, Athletics
Time: 1:00 pm – 4:00 pm
Location: Room B214, North Campus



Do you have an interest in Recycling, Reusing or Repurposing old items into something new? Join Leanne for a workshop that will explore recycling, repurposing, and reusing items to use in your office space. We will make a bulletin board or dry erase board out of old picture frame. We will also take a look at how you can turn almost anything old into something new via ideas posted on Pinterest.

* Please bring an old frame with you if you have one you wish to refurbish, or we can supply you with one.

Insights Discovery – Beginning the Journey

Facilitator: Pat Spiteri
Time: 8:30 am – 4:00 pm
Location: Room B106, North Campus



The Insights model is built on the extensive body of psychological research that culminates in the work on personality devised by psychologist Carl G. Jung. As a result of this research, Insights has developed a support system which can be used to enhance a person's self awareness and self-understanding. This session will enable you to:

- Better understand your strengths, weaknesses, and 'blind spots'
- Understand the personal style, strengths, weaknesses of others
- Build on your strengths to improve communication.

To maximize the benefits of this workshop, please enroll with at least one other person from your department.

Creativity & Innovation

Facilitator: Susan Gregory
Time: 9:00 am – 12:00 noon
Location: Room B202, North Campus



This Creativity & Innovation workshop gives participants tools and techniques they can use individually and in groups. Participants will learn how creativity can be applied to solving problems, improving processes, inventing or modifying products and creating marketing campaigns. Throughout the workshop, participants will learn new skills and apply these skills to real work issues and projects.

Mental Health First Aid – 2 Day Program

Dates: February 19 & 20, 2015
Facilitators: Risa Handler & Dayana Wolski, Student Success & Engagement
Time: 8:30 am – 4:30 pm
Location: Room B208, North Campus



The MHFA Canada program aims to improve mental health literacy and provide the skills and knowledge to help people better manage potential or developing mental health problems in themselves, a family member, a friend or a colleague. The program teaches people how to recognize the signs and symptoms of mental health problems, provide initial help, guide a person towards appropriate professional help.

Note: Participants must complete both days to obtain a certificate.

Caribbean Dancing

Facilitator: Shakera Martin, DivaGirl Fitness
Time: 9:00 am – 10:30 am
Location: Athletics Studio - Room A227, North Campus



Let's celebrate Caribbean culture through music and music in this invigorating dance workshop! You will learn Caribbean folk, African, Dancehall and Latin vibes – all in this fitness class. It is festive, energizing and will definitely “spice up” the morning! Please make sure to wear comfortable exercise clothing and bring your water bottle to this session.

Make Their Day ! FISH Philosophy

Facilitator: Julie Pellegrini, HR Services
Time: 10:00 am – 12:00 noon
Location: Room B212, North Campus



The FISH! Philosophy includes four simple practices: *Be There, Play, Make Their Day* and *Choose Your Attitude*. Join us for an interactive session that will enlighten and inspire you!

Come learn about the FISH! Philosophy – a way to be fully engaged in your life and work!

New Employee Orientation

Facilitators: Nancey Adamson & Tanya Andrade, HR Services
Time: 8:30 am – 1:30 pm
Location: Room B308, North Campus



Are you a new **full-time** Support staff employee or Administrator, to Humber or in a new role, and would like to discover what perks, benefits and services are available to you as a Humber employee? Please join us to explore Humber; hear about resources that are available to you, including critical information about benefits, performance appraisals, professional development opportunities, and union representation. You will also have an opportunity to socialize with other new employees over lunch. Your orientation will conclude with a tour of the North campus.

Thursday, February 19, 2015 – Morning Sessions

Perfecting Your Presentations

Facilitator: John Rose, Office of the Registrar

Time: 9:00 am – 11:00 am

Location: Room B214, North Campus



The ability to present effectively can make a huge difference to your career, but many of us avoid presenting out of fear. How do you build confidence in your presentation skills? The key is focusing on why your topic is meaningful to you and what change you want to make in your audience.

Participants will have the option of giving a short presentation to practice the skills learned in the workshop.

You will:

- Understand the difference between convincing and persuading when presenting
- Write a presentation outline applying the principles of speech communication
- Reduce the fear of public speaking
- Orally express thoughts clearly to maintain audience interest
- Demonstrate effective verbal and nonverbal delivery methods.

Please bring a topic (professional or personal interest) that you would like to create a presentation outline for.

Thursday, February 19, 2015 – Afternoon Sessions

Sewing – Hand Stitching and Mending

Facilitators: Rita van der Veen, S. Health Sciences & Maureen Martin-Edey, HR

Time: 12:00 noon – 1:00 pm

Location: Room B214, North Campus



Have you always wished you could take a few minutes to fix a button, hem a fallen hem on your pants, and repair a tear in your sweater or shirt? Rather than send it out for repair or toss it in the Goodwill, how about coming to this lunch hour session to learn how you can fix these garments yourself!

Feel free to bring something that you would like to mend (we will have some ‘fixings’ supplied), and your reading glasses – if you wear them.

CPR / AED

Facilitator: Nicole Catanacci, School of Health Sciences

Time: 12:00 noon – 4:00 noon

Location: Room D236, North Campus



This 4 hour CPR/AED course will be provided by a Red Cross First Aid/CPR instructor and is intended to provide the skills and confidence needed to recognize and respond to cardiovascular emergencies and choking either in the workplace or at home. The course will also familiarize employees with the AEDs that have recently been installed on campus and how to use them.

Making Relationships Magical!

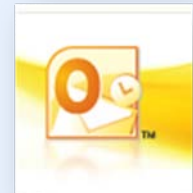
Facilitator: John Formica
Time: 1:00 pm – 3:30 pm
Location: Community Room, North Campus



Are poor relationships causing your teams to struggle, lack productivity, and poor service? Imagine if everyone on your team could get along, make instant connections with your customers or clients, be more memorable and likable and create trusting relationships that will have an immediate impact on the success of your organization! Customers remember people over product or service. This program is guaranteed to make your teams more successful.

Getting Organized with Outlook

Facilitator: Susan Gregory
Time: 1:00 pm – 4:00 pm
Location: Lab E343, North Campus



This half-day session provides a personalized process for you to organize your work and your life, while providing you with the technical details of how to use a very flexible and widely available tool, MS Outlook. What you will learn:

- How to organize your work so you can quickly see what your projects and priorities are
- Create tasks or appointments from emails in seconds
- Shortcuts to enter contact information

YouTubing

Facilitator: Darren Richards
Time: 1:00 pm – 2:30 pm
Location: Room B215, North Campus



This workshop will provide an overview of the fundamentals, along with some of the more advanced features that YouTube offers:

- ~ Upload videos from your cell phone or computer, maintaining control of your privacy
- ~ Use creative titling and descriptions to help get your video out to the world
- ~ Enhance your video on-the-fly using quick and easy-to-use effects
- ~ Use annotations to add notes or links to other videos to better engage your viewers
- ~ Find resources at the CTL to help you Closed Caption your videos for AODA-Compliance.

Please note: If you do not currently have a Google/YouTube account, it is highly recommended that you create one before the session. You can use your existing Humber e-mail by signing up at the following link:

<https://accounts.google.com/SignUpWithoutGmail>

Friday, February 20, 2015 – Morning Sessions

Banner – An Overview

Facilitator: Janene Christiansen, Office of the Registrar
Time: 8:30 am – 10:30 am
Location: Room B106, North Campus



Please join Janene and her team for this high-level overview of the Student Banner System. All student modules will be discussed, and a demonstration of what the student sees, followed by a question and answer period.

Bring the Magic of Tropical Plants Indoors

Facilitator: Valeria Wuschnakowski, School of Applied Technology
Time: 9:00 am – 10:30 am
Location: Greenhouse, North Campus



This workshop will be presented in Humber's Greenhouse. During this very interactive session participants will have the opportunity to do their own container planting and at the end of the session will get to take their creation with them. All materials provided – just bring your green thumb!

Friday, February 20, 2015 – Morning Sessions

Follow the “Buzz” Scavenger Hunt ~ Sustainability @ Humber

Facilitator: HCESC member
Time: 8:30 am – 11:00 am
Location: Staff Lounge, North Campus



Put on your walking shoes, and join us for this scavenger hunt all around the North campus, to discover what all the “buzz” is about in Sustainability at Humber!

Friday, February 20, 2015

SSAW 2015 “It’s a Humber World – *“Creating Magical Experiences”*”

Appreciation Luncheon

“The Keys to Create a *‘Whistle While You Work’* Team Atmosphere”

Time: 11:30 am – 2:00 pm

Location: Humber North Gymnasium

Please join us for the “It’s a Humber World – *“Creating Magical Experiences”* 27th annual Support Staff Appreciation Luncheon with keynote speaker John Formica. To celebrate our theme, you may wish to come dressed as your favourite Disney character!



All attendees must register for this event.



To RSVP, please register at: [SSAW](#)

iPad Interactive & Discussion Group

Facilitator: Cameron Redsell-Montgomerie, School of Liberal Arts and Sciences
Time: 1:30 pm – 3:15 pm
Location: Room D236, North Campus



This open discussion is designed for beginner to intermediate users of Apple iPad. This hands-on session will cover topics such as navigation, Humber Exchange email/calendar, accessibility features, passwords, applications and general iPad related technology. Every experience level will learn something new by sharing with others.

iPads will be available to try, but if you have your own iPad, please bring it to the discussion.

Register online at CTL website <http://www.humber.ca/centreforteachingandlearning/calendar.html>

Yoga Chi with Mo

Facilitator: Maureen Martin-Edey, HR Services
Time: 2:45 pm – 4:15 pm
Location: Athletics Studio - Room A227, North Campus



After a long SSAW week, wouldn't it be nice to move softly, breathe deeply and move with the music? Come join Mo for a class that incorporates simple Tai-Chi movements with breath and gentle Yoga to de-stress, tone your body and relax. This is suitable for beginners. Previous experience in Tai -Chi and Yoga is not necessary. At the end of the class, allow yourself a relaxation component of meditation and imagery, to help you feel recharged and serene. Please wear loose-fitting gym clothing. Mats will be provided.

Registration Process

To register for any program please go to: [SSAW](#)



Note: Manager approval is required prior to confirmation of attendance.

If you have any questions or require more information please contact:

Julie Pellegrini at julie.pellegrini@humber.ca

Maureen Martin-Edey at maureen.martin-edey@humber.ca

THANK YOU!

Learning & Development
hrs.humber.ca/learning

