HUMBER POLYTECHNIC

UNIVERSITY OF GUELPH-HUMBER

2026 SUPPORT STAFF PROFESSIONAL DEVELOPMENT EVENT

SSPD2026

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support staff professional development

UNIVERSITY OF GUELPH HUMBER

Annually, Humber organizes a **Support Staff Professional Development (SSPD) Event**, dedicated to providing meaningful professional development opportunities for our support staff.

The event theme, '**Balance. Build. Belong.**', reflects our commitment to promoting personal well-being, nurturing professional growth, and deepening connections across our community.

Professional development sessions will focus on the following key areas:

- *Career Growth and Development*
- *Technology, Productivity & Innovation*
- *Sustainability*
- *Personal Well-being and Mental Health*
- *Equity, Diversity, Inclusion and Belonging*
- *Indigenous Education and Engagement*

Nineteen workshops will be delivered on these topics from **March 3rd to March 6th during Humber's Winter Reading Week**.

Registration Information

Please view the list of all workshops and their descriptions below. To register, please visit the SSPD website linked in the **Communique**.

**Note some workshops have limited capacity.*

Program for the Day: Wednesday, March 4

Boosting Work Efficiency: Smart Tips for Using Microsoft 365

9:15 AM – 10:15 AM

Worth the Work: Reclaiming Power, Wellness, and Self Keynote

10:45 AM - 11:45 AM

Yoga Flow with Mo

12:00 PM - 12:55 PM

Disability Awareness and Confidence Training

1:30 PM - 3:30 PM

Gratitude in the Workplace

4:00 PM - 5:00 PM

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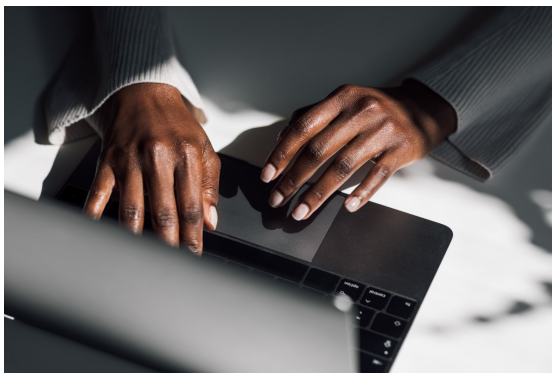
SSPD2026

Boosting Work Efficiency: Smart Tips for Using Microsoft 365

In this micro-learning seminar, we will be exploring the available tools baked into Microsoft 365 to help support and elevate workplace efficiency and task management. We will also explore best practices within platforms like Teams to aid in organized and cohesive work sharing. We encourage bringing your work laptop to follow along but it is not mandatory.



Worth the Work: Reclaiming Power, Wellness, and Self Keynote

This keynote invites you into a powerful reframe of empowerment—one that moves beyond hustle, sacrifice, and constant output, and toward reinvestment as an intentional act of wellness, leadership, and self-trust. The keynote challenges the narrative that people must give endlessly to be impactful and positions reinvesting in self as a radical and necessary practice, one that strengthens resilience, clarity, and sustainable leadership. This Women's Empowerment Network keynote is open to all faculty and staff.

Yoga Flow with Mo

Take part in a gentle and strengthening blend of Yoga and Pilates! Focus on breath, flowing postures and core engagement to help improve flexibility, stability, energy and overall well-being, from head to toes. No experience necessary, just a desire to feel refreshed and rejuvenated! Enjoy a short Savasana/relaxation with imagery and blissful calm at the end. Suitable for all levels, with modifications offered to meet your body's abilities and preferences.

Questions? Email oe@humber.ca

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Disability Awareness and Confidence Training

This Disability Awareness and Confidence Training is designed for those wanting to gain knowledge in order to be responsive to the broader abilities, competencies and needs of students and employees who have a disability. Learn how to support people who have a disability and onboard new employees who have a disability, with confidence.

Big thank you to Humber's Transition to Work Team (TTW) for sponsoring this training session.

Gratitude in the Workplace

We know that people who practice gratitude lead healthier lives both physically and emotionally. We also know that gratitude has a positive impact on the workplace. Expressing and receiving gratitude at work directly and indirectly promotes a culture of support, appreciation, and recognition fostering motivation and collaboration. Learn research-based strategies to improve the well-being of your team, and gain awareness of the dark side of gratitude to have a balanced view of the topic.

Questions? Email oe@humber.ca