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: Thursday, March 5

Homewood Employee and Family Assistance Program Session

9:00 AM – 9:30 AM

Creating the Conditions for Belonging

10:00 AM - 11:30 AM

CAAT Retirement Planning Session

12:00 PM - 1:00 PM

Sustainability at Humber: Where You Fit and How to Make an Impact

1:30 PM - 2:30 PM

Indigenous Education Plan: A Learning Workshop

3:00 PM - 4:00 PM

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Homewood Employee and Family Assistance Program Information Session

This session provides FT and RPT support staff with an overview of the confidential services and supports that are available to them through Homewood's Employee and Family Assistance Program. Learn how to access free short-term counselling, explore Life Smart Coaching Services, and navigate the wide range of self-guided tools and resources available on the Homewood Health website. Find out what mental health and wellness supports are available to you and how these services can assist with personal, family, and work-related challenges.

Creating the Conditions for Belonging

Belonging is influenced by institutional processes and routines, as well as by everyday actions, decisions, and responses that signal who is welcomed, supported, and able to participate fully at work. Discover how you play a role in creating the conditions for belonging at Humber. This session emphasizes practical, role-appropriate actions that acknowledge structural realities while reinforcing personal agency. Learn how workplace norms and routines can unintentionally limit belonging, where you have influence within your role, how to act with clarity and care when navigating complex situations, and when to seek support.

CAAT Retirement Planning Session

It's never too early or too late to start planning for retirement. Join this virtual webinar for the answers to the questions members ask most when preparing to retire. This information session is applicable to all members in DBprime and DBplus and covers the following and more:

- How much money do I need for retirement?
- How much pension will I get?
- Is my pension secure?
- What do I do to start my retirement?

Questions? Email oe@humber.ca

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Sustainability at Humber: Where You Fit and How to Make an Impact

Discover Humber's sustainability vision and what it looks like in practice across campus. Designed specifically for support staff, the session highlights how front line roles play a critical part in supporting sustainability initiatives, guiding students and faculty, and helping turn institutional goals into real-world action. Staff will leave with a clear understanding of how their work already contributes to sustainability and where they can make an even bigger difference.

Introducing the Indigenous Education Plan: A Learning Workshop

This 1-hour session will introduce support staff to Humber's Indigenous Education Plan (IEP) and highlight practical ways to integrate Indigenous Ways of Being, Knowing, and Doing (IWBKD) into their daily practice when supporting students and employees. Participants will learn key elements of the IEP, take part in an optional smudge, and engage in an open conversation where they can ask questions and deepen their understanding of how Indigenous principles can guide relationship-centered, culturally grounded approaches across their work.

Questions? Email oe@humber.ca