HUMBER POLYTECHNIC

UNIVERSITY OF GUELPH-HUMBER

2026 SUPPORT STAFF PROFESSIONAL DEVELOPMENT EVENT

SSPD2026

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: Friday, March 6

Grounded: Thriving in the Age of Information Keynote

9:00 AM – 10:00 AM

Copilot Chat: Live Demo and Workshop

10:30 AM - 11:30 AM

Career Development and Networking Lunch

12:00 PM - 1:30 PM

Healthy Eating Habits Workshop

2:00 PM - 3:30 PM

Self-Compassion Webinar

4:00 PM - 5:00 PM

2026 SUPPORT STAFF PROFESSIONAL DEVELOPMENT EVENT

SSPD2026

Grounded: Thriving in the Age of Information Keynote

The age of information has given us unprecedented access to knowledge, connection, and opportunity. But constant access comes with a cost: an unrelenting stream of inputs competing for our attention, nervous systems, and our sense of self. Over time, this erodes our ability to focus, reflect, and regulate our emotions. Anxiety, burnout, and disconnection are not personal failures in this environment, rather they are predictable outcomes of a system that rewards speed, reactivity, and perpetual engagement. Learn how to shift from passive consumption to mindful engagement in this keynote.

Copilot Chat: Live Demo and Workshop

Microsoft's AI chat bot, Copilot Chat is constantly changing and updating along with new innovations. This seminar will act as an expansion on previous Copilot Chat presentations, providing a quick refresh, showcasing new features and a live demo and exercise for participants. We strongly encourage attendees to bring their work laptops/ tablets to the seminar.

Career Development and Networking Lunch

Bring your own lunch, connect and network with colleagues, and take part in an engaging interview experience workshop led by Humber's Talent Acquisition Team. Learn frequently asked questions, current interview trends, and best practices. Practice answering interview questions in a carousel-style mock interview experience, receive constructive feedback, and gain confidence for your next interview. Sharpen your professional skills, expand your network, and strengthen your readiness for your next career step.

Please note that snacks will be provided.

Questions? Email oe@humber.ca

2026 SUPPORT STAFF PROFESSIONAL DEVELOPMENT EVENT

SSPD2026

Healthy Eating Habits Workshop

This interactive workshop invites you to pause and reflect on your everyday eating habits, build awareness, and explore simple ideas that support small, realistic changes. The focus is on progress—not perfection—helping individuals choose approaches to healthy eating that feel manageable and sustainable in real life. In this workshop, you will learn how to read packaging information with more confidence and will make a simple overnight oats meal to take home.

Self-Compassion Webinar

Practicing self-compassion is sometimes viewed as being self-indulgent, self-absorbed or letting ourselves off easy. In fact, self-compassion enables us to evaluate our experiences more rationally and also kicks in to help us develop more effective solutions for making things better. Research shows that practicing self-compassion is a powerful tool for motivation and is strongly related to psychological well-being, including increased life satisfaction, resilience and decreased anxiety and depression.

Questions? Email oe@humber.ca