

# The Geophysical Institute Presents: The West Ridge Training Series

2nd Tuesday of the month 1:00pm-2:00pm

*~Creating learning opportunities for UAF Faculty, Staff and Students~*

January 9th: **7 Steps for Lasting Lifestyle Improvement**

Presented by Grant Newland from Hook Khyrnads

Learn how to identify the need for a change, the "why", and how to make a sustainable change.

**COMPLETED**

February 13th: **Financial Wellness**

Presented by Robert Jones, CPA, Keyes and Associates, LLC

How to manage competing priorities, set goals and save for retirement

**COMPLETED**

March 13th: **Violent Intruder Training**

Workplace safety and security through the UAF campus is the single prime concern of the Police Department. This program addresses the more common scenario; that of a violent intruder on campus.

Presented by Chief Steve Goetz

**COMPLETED**

April 10th: **Green Dot Overview**

The Green Dot strategy is a violence prevention program based on empowering bystanders. A green dot is the single choice to use your words or actions to prevent someone from being harmed. In this Overview you will learn how to safely intervene in a potentially harmful situation to help reduce the rates of violence in our community.

Presented by Amy Cross, Diversity and Prevention Coordinator, Nanook Diversity and Action Center

May 8th: **Google Apps**

Overview of Google Apps, and then question time...come prepared!

Presented by Josh Watts, UA OIT

**All trainings will be held in the Globe Room, 215 Elvey**



Questions or suggestion for future topics?

Please contact Valerie Rickards at x6742 or [vsrickards@alaska.edu](mailto:vsrickards@alaska.edu)



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