

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 Travis 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 Bob Kyles, CPA, KeyStand Associate

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

COMPLETED

March 13th: **Violent Intruder Training**

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

Presented by Chief Steve Goetz

April 10th: **Green Dot Training**

Information about Green Dot training is available at <https://greendot.alaska.edu/>

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



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