

Dear Campus Community:

The Office of Human Resources would like to remind faculty and staff of the upcoming HR Connections meetings.

**Date: November 7th, 2018**

**Time: 1:00 - 2:30 pm**

**Location: NE 152**

Agenda Items:

- Total Title Compensation Update - Shawna Kuether, AVC Human Resources
- Holiday Stress - Presented by Ryan Atherton from FEI. This seminar will give you an overview of the triggers of stress particularly during the holiday season and help you avoid unnecessary stress by being realistic with yourself about what you can handle and adjusting your expectations.

**Date: December 5th, 2018**

**Time: 12:00 pm - 1:30 pm**

**Location: NE 152**

Agenda Items:

- Unconscious Bias - Presented by Patty Schrader, Equal Opportunity & Access. Unconscious biases are social stereotypes about certain groups of people that individuals form outside their conscious awareness. Unconscious bias happens outside of our control. It occurs automatically and is triggered by our brain making a quick judgement. If left unchecked, unconscious bias can thrive in hiring, promotions, and in feedback. Come learn more on how to recognize and combat unconscious bias in the workplace.

**HR Connections meeting are open to all UWO and Access Campuses employees.** Faculty and staff are encouraged to attend to hear in-depth updates on current Human Resources projects and topics in addition to occasional training from our EAP FEI and others. These meetings provide the Office of Human Resources a venue for keeping the campus community updated and to obtain feedback on HR issues.

We encourage questions and agenda items from you. Please submit your agenda items through our [website](#).