**USPDD Workshop Descriptions**

**Session I**

**Introduction to Lean Continuous Improvement Methods (Kate McQuillan)**

A brief discussion & explanation about what the different lean tools are and how they may be used in your work as University Staff members as well as in your personal life.

**Japanese Taiko Drum Group and International Student Guests**

Led by professors Yoshiro Hanai and Shoko Emori, students of the Japanese Language program at UW Oshkosh will perform Taiko, one of the most prominent traditional Japanese performing arts in the modern and contemporary eras. This will be an exciting performance full of movement and music. Following the performance, international students attending UWO will do a presentation about their homes and experiences.

**iPad Workshop (Brian Ledwell)**

iPad devices. What can they be used for? What secret sauce lives under the hood that makes them great? Come to this workshop to learn about features you might not be aware of. Use that knowledge to make that bright, shiny new device you got for Christmas even more awesome!

**Session II**

**The Teamwork Challenge (UWO ROTC Cadets & Staff)**

Put your teamwork skills to the test! Join other university staff to form a team to tackle some challenges and exercises designed to test your teamwork skills. Led by ROTC cadets, there will be some MINOR physical movement so be sure to wear your tennies. This much raved about opportunity doesn’t come around very often so be sure to take advantage. This session will be limed to 35 participants on a first come first served basis.

**How to Stay Healthy in the 21st Century (Dr. John Manel, D.C.)**

Dr. John Mancl from Fletcher Chiropractic will cover workplace ergonomics, common workplace injuries and how to correct them. You will learn how to create strong posture as a way to live longer and have fewer injuries. Nutrition and healthy living will also be discussed.

**Inspirational Ted Talks – What Do YOU Think? (Laurie Textor)**

We will listen to two or three TED Talks which inspire change. After each we will have lively discussion about how this can affect your work as a University Staff member.

**Protecting Yourself from Digital Threats / Campus Computing Basics (Laura Knaapen)**

A presentation on current threats that target computer users and how best to protect yourself. We will cover safe computing techniques so that users can help protect themselves from becoming a victim of cyber-crime. What are the basic hardware, software and services you can expect on campus? When you have a computer problem what is the best way to report it and get the service you need.

**Session III**

**Crafting for Others: Making Tray Favors for Hospital Patients (Ruth Eberwine)**

Join me to get your crafting fix and to cheer up hospital patients at the same time! We will be creating three tray favors (small items to be placed on hospital patients’ food trays to make their day a little brighter). We will make origami bunnies, woven hearts, and a beautiful flower. All supplies will be provided and there is no charge to participants.

**Making the Most of Your Garden (Tom Fojtik)**

All of us like to grow things – that’s why we’re at this session! But how many times do we buy something we like, then plant it, then say to ourselves, “Something’s not right”? Let’s look at some photos of things that “work” and learn what makes it so. Photos will be viewed and discussed. Members of the audience will be eligible to win live garden plants – to be delivered to your office when the time is right (not March!).

**Games: Bingo and Beanbag Toss**

The old favorites are back. Come challenge yourself and possibly win some fabulous prizes.