UNIVERSITY OF CALIFORNIA MERCED



#### BUILD YOUR NETWORK (BYN) PROGRAM

#### SESSION 4: CONTRIBUTE TO CAMPUS INNOVATION AND GROWTH

Rachael Martin and Yazi Navarro– Human Resources De Acker – Office of Campus Climate Pam Taylor – Staff Assembly



## Welcome and Overview

Welcome to the Build Your Network (BYN) Program/Session

- Introductions: Who's here
  - BYN committee members
  - Guest speakers
  - Ambassadors and their role
  - Established staff members
  - New staff members from the last 6 months

### Welcome and Overview: Agenda and Outcomes

- Learn the spotlight information of our May ambassador:
  Belinda Braunstein
- Identify a new wellness/mindfulness strategy;

Table discussions:

#### **Contribute to Campus Innovation and Growth**

- List and locate committees and organizations that offer opportunities to get involved and contribute to UC Merced's innovation and growth;
- Use the provided information and resources to determine how to get involved and contribute; and
- Choose a committee/organization to get involved and contribute.

## Why Mindfulness...

## savouring, mindfulness & flow

deliberate, nonjudgemental attention to what is happening in the present moment savouring focus on the positive focus on positive experiences in past, present or future

> full immersion in what one is doing with loss of selfconsciousness

*mindfulness focus on the present*  flow focus on the activity

# May Ambassador Spotlight

### **BELINDA BRAUNSTEIN**

- Name, department, and division
- Experience/areas of expertise
- Contact information
- Involvement on and off campus
- Why would someone reach out to you
- Share a wellness/mindfulness strategy that can help BYN participants

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- Choose a committee/organization to get involved and contribute.

## Closing and Wrap-up

What did you learn by interacting with the various committees and organizations?

What committees and organizations are you interested in?



Thank you for joining us today!