



BUILD YOUR NETWORK (BYN) PROGRAM

SESSION 4: CONTRIBUTE TO CAMPUS INNOVATION AND GROWTH

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;

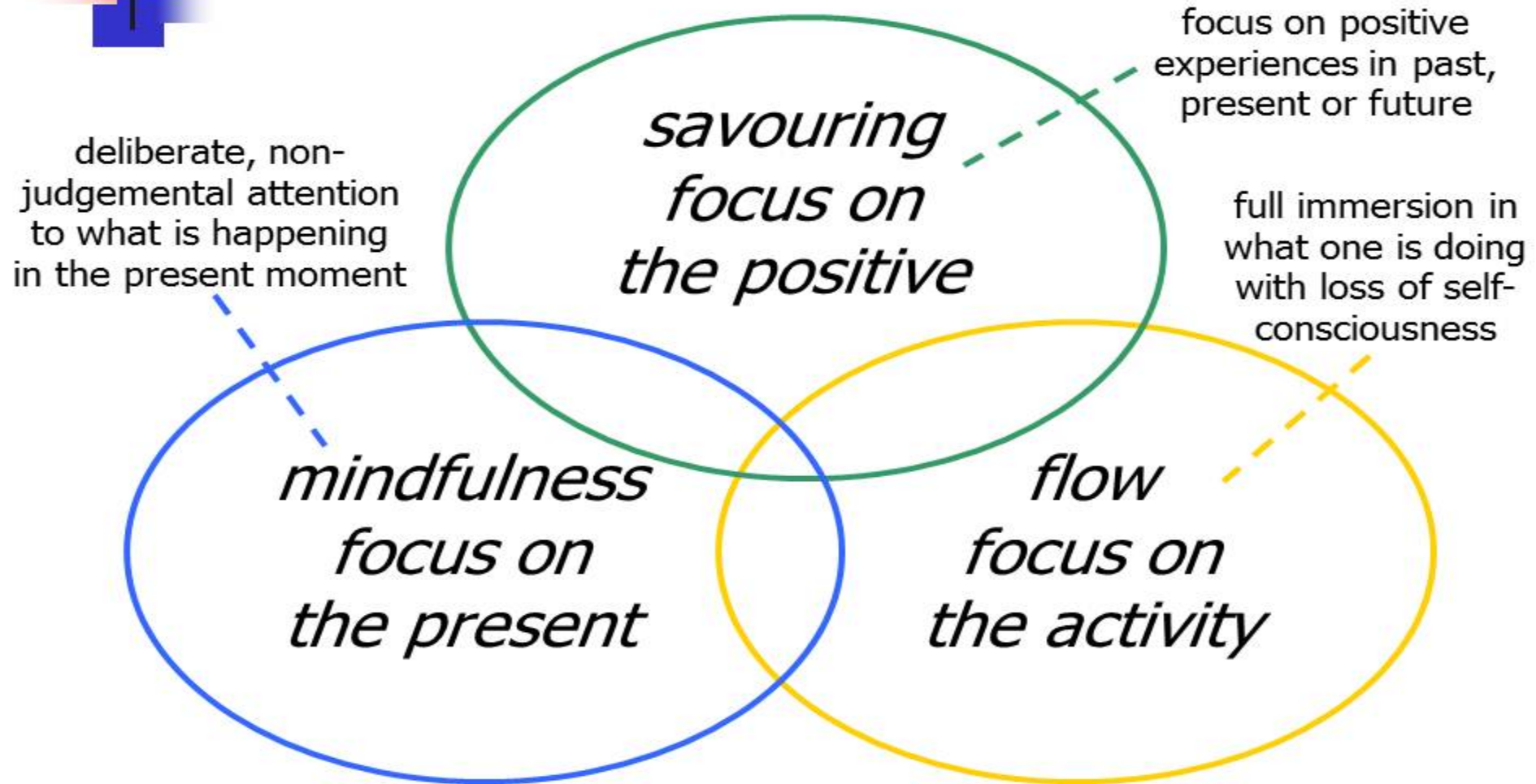
Table discussions:

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



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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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!