ACTION ITEMS AND ANNOUNCEMENTS

Need help? askHR: we’ve got you covered!

askHR is your primary point of contact for all Human Resources services and support.

1800 Sherman Avenue, First Floor Lobby, Evanston Campus
Phone: 847.491.4700
Email: askHR@northwestern.edu
Website: www.northwestern.edu/askHR

Reminder: Nominations for the Jean E. Shedd University Citizenship Award accepted through Friday, April 16

Nominations are being accepted through Friday, April 16 for the Jean E. Shedd University Citizenship Award in honor of Jean Shedd. For more information about the award and the nomination process visit our webpage.

Celebrating Manager Certifications

Congratulations and thank you to these managers across the University who dedicated time to earning a Manager's certificate in Leading Distributed Teams. This program was designed to equip participants with skills and knowledge to lead effectively in the shift to remote/distributed work environments. We know that when managers commit to learning and growth, it impacts team effectiveness and engagement and we appreciate the commitment!

Spring Wellness Grants

Apply for a grant on behalf of your team, office, department or school this quarter. Grants are intended to help support the well-being of faculty and staff by providing funding for wellness activities, events and/or space. Applications accepted through April 30. Learn More.

New Active Inclusion Workshop

This virtual workshop builds awareness and provides practical tools for participants to enact change towards fostering inclusive environments. Visit myHR Learn to enroll.

Note: Unconscious Bias workshop is a prerequisite.
Are you a manager looking to connect with other managers?

Join the Manager's Corner MS Teams group to discuss challenges and share resources. Upcoming topics will include hybrid work environments and flexible working arrangements.

Summer Camps accepting applications

Many of our Northwestern affiliated summer camps, including McGaw YMCA and JCC, are now accepting applications for this season’s summer camps. For more information visit the Summer Camps webpage.

Care@Work webinars

- **Caregiver Technology, Gadgets, Apps and More**
  There is a wealth of technology available to help caregivers care for aging loved ones to keep them safe, healthy and connected to avoid isolation and loneliness. This webinar takes the audience on a tech tour of products, apps and gadgets, including cost and where to find them.
  
  May 4 at noon | [Register](#)

- **The Importance of Empathy**
  Did you know work colleagues can make a difference in helping get through tough times? The problem is, so many of us are too burned out right now to offer our coworkers the support they need. Dr. Kelsey Crowe will offer resilience building strategies and take you through a vigorous “empathy workout” that will help you learn how to support the people you care about most.
  
  May 12 at 11 a.m. | [Register](#)

Learning Intersections newsletter

Learn more about upcoming workshops, events and resources in the Learning Intersections newsletter. Access the virtual workshop calendar so you can stay informed while growing your career skills. [Click here to subscribe](#).

Your Daily: Take a regular scheduled well-being break

Your Daily are virtual well-being breaks that are intended to help support you and your well-being. The 15 minute sessions are meant to be short and easily incorporated into your day, while the 30 minute sessions are provided for those looking for a longer break. Taking daily breaks can help you mentally and physically reset and recharge, while also helping to de-stress and boost productivity. [Learn more](#).
Managing Perfectionism in the Pursuit of Excellence

Join HR WELL for this webinar facilitated by Ellen Burton. Although perfectionism is associated with some desirable traits, especially in our society, it can involve counterproductive behaviors and may result in negative outcomes, both in and out of the workplace. This webinar will help participants differentiate between striving for excellence and perfectionism, and explore strategies for managing perfectionism.

April 21, 11 a.m. - noon
Register

Note: this webinar will not be recorded due to proprietary rights.

Virtual Culinary Class: Sustainable Eating

Join HR WELL and Vicki Shanta Retelny, RDN for this interactive virtual culinary class. As we celebrate Earth Day, Vicki will discuss sustainable eating and how to find new ways to create sustainable food choices in your everyday life. Children and family members are welcome to attend! Learn about free nutrition consultations available to faculty, staff and household members.

April 22, 12:30 - 1 p.m.
Register

Join the YourLife mailing list

YourLife is our employee wellness program in which a variety of well-being resources and programs are provided, ranging from free daily virtual well-being classes, DEI workshops, meditation and nutrition sessions, information about financial webinars, caregiver support resources and more! Join the mailing list to receive up-to-date communications about upcoming programs, events and resources. Click here to join.