

## **ANR STAFF ASSEMBLY CURRENT, Vol. 1, No. 4**

**Nov. 8, 2022**

### **Staff Assembly Current e-news: Season of thanks, Career Development Week**

*This is your monthly Staff Assembly e-newsletter, distributed on the second Tuesday of each month (read archived [past issues](#)). As staff members at UC Agriculture and Natural Resources, you are ALL part of [UC ANR Staff Assembly](#). We on the [Staff Assembly Council](#) help advise senior leadership and advocate on your behalf, and we also organize programs and events that promote your professional development and personal growth. (Note: Academics are members of our counterpart entity, Academic Assembly.)*

### **Pass forward your thankfulness**

As we enter the end of the year, it is a good time to share gratitude and appreciation for our colleagues across UC ANR. Spending just an extra moment to check in with them and let them know you appreciate their efforts can go a long way in brightening their day and bringing people together. Expressing gratitude boosts health and wellness for everyone and contributes greatly to our positive work culture.

On this note, I would like to thank members of the Staff Assembly Council and Ambassadors who are actively working to make UC ANR the best possible place to work, grow and thrive. I appreciate their efforts in managing programs that help staff with educational development, health and wellness, retention and recruitment.

As always, I would love to hear your ideas and thoughts on these topics and other pressing issues facing staff; please feel free to drop me a line at [sabrayton@ucanr.edu](mailto:sabrayton@ucanr.edu) or swing by my desk at the Davis building on 2<sup>nd</sup> Street to say “hi.” Thank you again and I look forward to our continued work together.

Cheers!

Scott

Chair, UC ANR Staff Assembly Council

### **UC ANR staff welcome to attend Career Development Week activities**

As part of National Career Development Month, UC Davis Learning and Development in Human Resources is hosting their first annual [Career Development Week](#), Nov. 14-18.

All UC ANR staff are eligible and welcome to attend this virtual conference, which will feature an inspiring keynote speaker and panel, diverse workshop topics, and two networking events, with multiple events happening each day.

Workshops include “Initiating a Career Conversation with Your Supervisor,” “Discovering Your Purpose-Driven Work,” “Authenticity: Bringing Your Whole Self to Work,” “Using My Talents at Work,” among others.

Visit the [web page](#) to learn more about the programs and how to register. Advance registration on Zoom is requested.

## **Wellness Committee seeks your ideas, participation to elevate programming**

Do you have ideas, interest and energy to further improve health and well-being programs across UC ANR? Build community across our statewide network of ANR colleagues and empower everyone to lead healthy and thriving lives by joining the [UC ANR Staff Assembly Wellness Committee](#).

The committee promotes wellness programming and initiatives that improve well-being, foster healthy workplace environments and strengthen our sense of community, such as:

- Healthy Meeting Best Practices
- UC Moves and Walker Tracker
- Make Every Day Healthy Snack Day
- Wellness Reimbursement Program

Learn more at: [https://staffassembly.ucanr.edu/Subcommittees/Wellness\\_Committee/](https://staffassembly.ucanr.edu/Subcommittees/Wellness_Committee/)

Join the conversation today by reaching out to Melissa Mabuchi, chair of the Wellness Committee, at [mmabuchi@ucanr.edu](mailto:mmabuchi@ucanr.edu).

## **Submissions for future issues of Staff Assembly Current**

We invite you to submit brief notices (150 words or less), directly related to Staff Assembly-led topics and programs, for inclusion in future issues of the Current. It will go out every month on the second Tuesday. Deadline for submissions is the last day of the previous month. Please ensure your item is relevant to all (or nearly all) UC ANR staff.

Email your submissions to Mike Hsu, SAC communications chair, at [mjhsu@ucanr.edu](mailto:mjhsu@ucanr.edu). Thank you!