Staff Development Day

Opening Keynote

Navigate the Shift: Practical Strategies for Thriving Through Change



Presenter: Katie DeWulf, The Big Apple Red
Time: 9:00 AM – 10:00 AM
Location/Room: McKenna 215/216

Change can feel disruptive, but it doesn't have to derail your work or well-being. This session offers practical, human-centered strategies to help professionals stay grounded, communicate effectively, establish boundaries, and rise above the chaos to deliver results in times of transition. Whether you're navigating a leadership change, role evolution, or shifting team dynamics, you'll walk away with tools to adapt with resilience--and thrive without losing yourself.

Morning Breakout Sessions

Intro to EQ-i: The Power Behind People Skills



Presenter: Amy Lehman
Time: 10:30 AM – 11:15 AM
Location/Room: McKenna 205/206/207

Description: Understand the basics of EQ-i – Gain a clear understanding of what emotional intelligence is and how EQ-i measures it. Explore the five composite areas of EQ-i – Learn the core components and why they matter. Recognize your own emotional patterns – Begin to reflect on personal strengths and opportunities for growth in emotional intelligence. Connect EQ-i to real-life impact – Understand how emotional intelligence influences relationships, communication, and performance at work. Identify one practical strategy to build EQ – Walk away with at least one actionable step to strengthen your EQ in daily interactions.

Staff Development Day

Google Sheets 101: Work Smarter, Not Harder



Presenter: Maureen Hogue
Time: 10:30 AM – 11:15 AM
Location/Room: McKenna B02

Description: Whether you're brand new or just need a refresher with some handy tips and tricks, this workshop will walk you through the basics—entering data, using simple formulas, formatting, and even making charts. You'll leave with easy ways to get organized and work smarter in Google Sheets.

Own Your Role: How to Grow Where You Are and Get Ready for What's Next





Presenters: Claudia Hawkins & Anna Pryor
Time: 10:30 AM – 11:15 AM
Location/Room: McKenna 215/216

Career growth doesn't always mean waiting for your next promotion—it starts right where you are today. In this interactive session, you'll learn practical strategies for preparing for your future while thriving in your current role. Using tools like a Career Compass and other development techniques, we'll explore how to identify growth opportunities, gain new skills, and build momentum for what's next.

Learning Outcomes: By the end of this session, participants will be able to identify practical ways to grow in their current role through tools like a Career Compass, stretch assignments, and exploratory interviews. Participants will create an action-oriented approach to prepare for future career opportunities while continuing to succeed in their present role.

Active Class

Reset and Recharge



Presenter: Tara Kupty, Notre Dame Wellness Coach
Time: 11:30 AM – 12:00 PM
Location/Room: McKenna 205//206/207

Description: Light movement paired with breathwork and stretching (perfect for all fitness levels, no change of clothes required).

Staff Development Day

Lunch Panel

Beyond the Buzz: Real Talk on AI





Presenters: Brandon Rich, Director of AI Enablement, Alexi Orchard, Assistant Teaching Professor and Director of Undergraduate Studies for the Idzik Computing and Digital Technology Minor, and Tammi Freehling, Director of Communications & External Engagement for the College of Science
Time: 12:15 PM – 1:00 PM
Location/Room: McKenna Hall 215/216

Description: Cut through the hype and get a grounded look at how AI is really being used today. This session explores the opportunities, challenges, and everyday applications of AI—without the jargon. Walk away with a clearer understanding of what AI can (and can't) do, and how to use it responsibly and effectively in your work.

Afternoon Keynote

Continuous Improvement & Magic



Presenter: Stuart MacDonald
Time: 1:15 PM – 2:30 PM
Location/Room: McKenna 215/216

Description: This lecture aims to demonstrate the powerful application of Lean Process and Continuous Improvement methodologies to an unconventional domain: the art of magic. Beginning with a captivating magical performance, the presentation will immediately establish magic as an art form rather than a mere spectacle. This initial performance serves as a tangible representation of years of dedication to Lean and Continuous Improvement principles.

The core of the lecture will involve a real-time, iterative analysis and refinement of a magic trick, showcasing how these methodologies can transform and elevate artistic endeavors. The ultimate goal is to illustrate the universal applicability of Lean and Continuous Improvement beyond traditional business, manufacturing, or people processes.

Afternoon Breakout Sessions

Optimize & Organize: The Power of Work Management Systems





Presenter: Scott Russell,College of Arts & Letters, Chris Fruehwirth and Hank Gettinger, Mendoza College of Business
Time: 2:45 PM – 3:30 PM
Location/Room: McKenna B01

Discover how the right work management tools can transform the way you plan, prioritize, and collaborate. This engaging session will introduce several leading platforms, highlight their core features, and demonstrate how they streamline workflows, enhance visibility, and boost team productivity. Whether you're aiming to reduce day-to-day chaos or gain a clearer view of projects and priorities, you'll leave with practical strategies to evaluate, select, and leverage tools that keep work on track and goals within reach.

By the end of this session, participants will be able to:

- Describe the key benefits and capabilities of common work management systems.
- Compare platform features to determine which tools best support their team's goals and workflows.
- Apply best practices for organizing tasks, tracking progress, and improving transparency across projects.
- Develop an action plan to integrate or optimize a work management system to increase productivity and collaboration.

This Could've Been An Email: How to Lead Purposeful, Efficient Meetings




Presenter: Josh Hartsell & Matt Metzger, The Leadership Tap
Time: 2:45 PM – 3:30 PM
Location/Room: McKenna B02

"Well, that was a waste of time." "What did that accomplish?" "So… what is our next step?" – These murmurings from meeting participants are all too common… and extremely avoidable. This workshop will explore practical meeting facilitation tactics that unite contributors, make the most of the time and brilliance in the room, and transform ideas into deliverables. Master Meeting Facilitator isn't something you'd add to your dating app bio to get looks, but it will make you the hero around the office.

Staff Development Day

Turning Friction into Focus: A Guide to Difficult Dialogues



Presenter: Ashley Zingo, Senior Director of Organizational Effectiveness, College of Arts and Letters
Time: 2:45 PM – 3:30 PM
Location/Room: McKenna 205/206/207

Challenging conversations are an inevitable part of any workplace, yet when handled with skill and purpose, they can strengthen relationships, clarify expectations, and drive progress. This interactive session will equip participants with tools to navigate conflict with confidence and turn tense moments into opportunities for understanding and growth. Through real-world examples and practical techniques, attendees will learn how to prepare for difficult discussions, stay grounded under pressure, and foster solutions that support collaboration and respect.

By the end of this session, participants will be able to:

- Identify common barriers that make difficult conversations challenging and strategies to overcome them.
- Apply proven communication techniques to remain calm, focused, and solution-oriented during high-stakes discussions.
- Use active listening and empathy to de-escalate conflict and build mutual understanding. Develop action plans for approaching future conversations with clarity, confidence, and professionalism.