Talent Development’s goal is to inspire learning and a growth mindset – creating an engaged community. We accomplish this by providing training solutions, including the design and delivery of high-quality initiatives that foster individual and team growth while engaging individual employees and teams in support of Colorado State University’s land grant mission and our Principles of Community.

Talent Development provides both in-person and online instructor-led trainings. Please be sure to note the location for each session. Each registration confirmation email will include an .ics calendar attachment that includes the location. A few days before each online session, you will receive an email with detailed instructions on how to access the training through Zoom. To register for a specific session, go to the My Learning Website and log-in, then click the registration links in this catalog. Alternatively, filter the Learning Library using the “TD” tag to see only Talent Development’s offerings.

Did you know?
Many departments at CSU offer trainings through My Learning. The Learning Library in My Learning can be filtered using the “TD” tag to see only Talent Development’s classes. Go to the Professional Development category and click view all, then select the “TD” tag to filter. Tags are also found on each training card. A list of other departments hosting trainings in My Learning is available on My Learning’s Content by Department webpage.

Facebook
Join us on Facebook by requesting membership to our private group: Colorado State University Talent Development. The CSU Talent Development Facebook page is another avenue for online connection and micro-learning for our staff and faculty. We will post research-based content that correlates to our curricula. We have periodic questions planned that provide reflection, engagement, or respite and generate uplifting conversations.

Talent Development Focus Certificates
Our specialized programs give learners an opportunity to explore a particular interest area in-depth, while working toward and being recognized with a certificate for completing a set of trainings in a specific focus area. Talent Development topic areas include strengths development, positive psychology, and appreciative inquiry.
PROFESSIONAL DEVELOPMENT CLASSES - ELECTIVES (in alphabetical order)

A NEW HOPE: EMBRACE THE POWER OF CONNECTION *NEW*
Class date: 1/23 - 9 a.m. to 12 p.m. online
Length of class: 3 hours
Instructor: Michele Newhard, Ph.D.
Category and/or theme: Elective/Effective Teams
Hope is a way of thinking. Replete with energy to propel us towards a shared positive vision of the future, hope grows from a foundation of optimism. In this session, we will explore how hope is a “social gift” according to Dr. Chan Hellman (2021). As such, how connected we feel to others holds the key to hope in the workplace and beyond. Learners should be prepared to reflect and discuss the concept and how it applies to them. This class counts towards the Talent Development Focus Certificate: Positive Psychology. Register for A New Hope: Embrace the Power of Connection in My Learning.

BUILDING A STRENGTHS-BASED CULTURE
Class date: 2/27 - 9 a.m. to 12 p.m. in person
Length of class: 3 hours
Instructor: Evan C. Welch
Category and/or theme: Elective/Systems Thinking
Strengths-based teams help organizations bring out the best in every team member and create engaging, high-functioning work environments. This session will provide the practical skills and strategies to create and sustain a strengths-based organizational culture. Topics will include designing and measuring strengths-based goals, strengths-based coaching, and engaging employees through focus on continued investment in their strengths. Prerequisite: Must have completed Mindset for Supervisors, Introduction to Strengths, or a customized team strengths workshop to enroll in this training. This class counts towards the Talent Development Focus Certificate: Strengths Development. Register for Building a Strengths-Based Culture in My Learning.

COACHABILITY: EMBRACING YOUR MINDSET FOR GROWTH
Class date: 2/1 - 9 a.m. to 12 p.m. online
Length of class: 3 hours
Instructor: Evan C. Welch
Category and/or theme: Elective/Self-Discovery
This training will explore the fundamental principles and practices of coachability, equipping attendees with the essential skills to become adaptable, receptive, and growth-oriented individuals. Through a blend of interactive activities, real-work case study, and self-assessment, participants will gain the skills to embrace feedback and foster a growth mindset. Attendees will be empowered to thrive in team oriented settings, embrace continuous learning, and explore their ability to maximize their potential for personal and professional growth. Register for Coachability: Embracing Your Mindset for Growth in My Learning.

EFFECTIVE COMMUNICATION AND CONFLICT RESOLUTION SKILLS
Class date: 2/8 - 1 to 3 p.m. in person at South Campus
Length of class: 2 hours
Instructor: Marsha Benedetti
Category and/or theme: Elective/People-Centric Skills
No one will argue the importance of effective communication, and yet we often find this more challenging than we imagined. This class looks at four vital skills that, with practice, can lead to dialogue that is more constructive. The class will also provide tips to have better conversations even when you may feel like you are at odds with the other party. This is an interactive session. Register for Effective Communication and Conflict Resolution Skills in My Learning.

EXPLORING CONFLICT BEHAVIORS
Class date: 2/29 - 9 to 11:30 a.m. in person
Length of class: 2.5 hours
Instructor: Debora Colbert, Ph.D.
Category and/or theme: Elective/People-Centric Skills
To increase self-awareness and improve conflict management skills, Talent Development is partnering with the University Ombuds to offer the Conflict Dynamics Profile, an assessment instrument measuring conflict behaviors. Working from a framework that conflict is inevitable, the assessment shows participants how harmful responses can be avoided, and beneficial responses can be learned. Individuals will take a deeper dive in understanding how they respond to conflict, what triggers can escalate conflict, and how to manage conflict more effectively. Results will remain confidential and personalized 1:1 conflict coaching will be offered to individuals wishing to further explore
strategies for successfully navigating workplace conflict. Required prework: Conflict Dynamics Profile. By signing up for this class, you agree to complete this 15-minute assessment prior to attending the class. While the assessment is free to all CSU employees because the $20 licensing fee is covered by the Talent Development office, we request that you only complete the assessment if you intend to attend the class. Register for Exploring Conflict Behaviors in My Learning.

**INTEGRATING GRATITUDE INTO YOUR LEADERSHIP STYLE**
Class date: 1/25 – 9 a.m. to 12 p.m. online
Instructor: Evam C. Welch
Category and/or theme: Elective/Systems Thinking
Practicing gratitude in the workplace positively affects employee morale, motivation, and well-being and is a powerful tool for developing strong teams. This course will introduce practical exercises and techniques for leaders on how to incorporate gratitude into their leadership style. Participants in this session will identify strategies and practices for fostering a culture of gratitude within their organization. Additionally, participants will consider how to express gratitude effectively, in their personal and professional lives. This class counts towards the Talent Development Focus Certificate: Positive Psychology. Register for Incorporating Gratitude into Your Leadership Style in My Learning.

**INTRODUCTION TO STRENGTHS**
Class date: 1/24 – 1 to 3:30 p.m. online
Instructor: Marsha Benedetti
Category and/or theme: Elective/Self-Discovery
Based on decades of research conducted by the Gallup Organization, a strengths-based focus can enhance an individual's ability to deliver optimal performance. This training will use the results of the CliftonStrengths assessment to teach the three components of strengths development. Pre-work required, please see Learner Notes upon registration. NOTE: If you have taken Mindset for Supervisors or a customized strengths training, this training is not recommended because the content will be similar. This class counts for the Talent Development Focus Certificate: Strengths Development. Register for Introduction to Strengths in My Learning.

**LEVERAGING STRENGTHS FOR PERSONAL EFFECTIVENESS**
Class date: 2/5 – 1 to 3:30 p.m. in person
Instructor: Joy Nyenhuis
Category and/or Theme: Elective/Self-Discovery
CliftonStrengths provide us with lenses to understand what we do best. How can you leverage your Top 5 CliftonStrengths Talent Themes to improve your personal effectiveness? To deal with time management challenges? Better manage your attention? Have more energy? Join us for this workshop style session with time for learning, reflection, and discussion. Participants will leave with personalized ideas and strategies to address time management challenges. Prerequisite: Must have completed the Mindset for Supervisors or Introduction to Strengths trainings or a teams strengths workshop to enroll in this training. This class counts towards the Talent Development Focus Certificate: Strengths Development. Register for Leveraging Strengths for Personal Effectiveness in My Learning.

**NAVIGATING EMOTIONAL DYNAMICS IN CHALLENGING DIALOGUES**
Class date: 2/22 – 9 to 11:30 a.m. online
Instructor: Marsha Benedetti
Category and/or theme: Elective/People-Centric Skills
In this class, you will explore the impact of emotions within challenging conversations, examining the perspectives of both participants in a dialogue. You will be guided through a structured framework designed to help decelerate emotional escalations, ultimately steering conversations towards more favorable resolutions. The final segment of the course will be dedicated to practical exercises, allowing you to apply these principles to real-life scenarios. Register for Navigating Emotional Dynamics in Challenging Dialogues in My Learning.

**NOTICE AND RESPOND: ASSISTING PERSONS IN DISTRESS**
Class date: 2/7 – 1 to 3 p.m. in person
Instructor: Janelle Patrias
Category and/or theme: Elective/People-Centric Skills
Grounded in the belief that “all learning has an emotional base,” Notice and Respond workshops reveal not only the dynamics of mental health situations, but also the undercurrents of human interaction around mental health
situations. This interactive workshop uses a combination of learning modalities to learn how to recognize and respond to a range of mental health issues including suicide. Participants can expect to observe a realistic filmed scenario of a conversation with a distressed individual and engage in self-reflection and dialog in order to overcome fears, judgments, and hesitations to improve competence and confidence in helping situations. The session will also help participants explore how a mental health challenge can impact team dynamics, learn about response options they can use in their settings, including the supervisory role, and become familiar with campus resources available for all CSU community members. Register for Notice and Respond: Assisting Persons in Distress in My Learning.

**REST: A NEW VIEW ON WORKPLACE PERFORMANCE**

**Class date:** 2/7 – 9 to 11:30 a.m. online  
**Instructor:** Michele Newhard, Ph.D.  
**Length of class:** 2.5 hours  
**Category and/or theme:** Elective/Self-Discovery

We often dismiss the need for rest. In fact, many of us wear overwork like a badge of honor in this driven, accomplishment-focused society. According to research by Dr. Alex Pang among others, we work more than ever before and yet, productivity and passion has waned. Underestimating its value, rest is now often viewed as a luxury instead of the need that it actually is. Researchers are showing how embracing breaks, rest, and play actually reaps greater work outcomes. **Prerequisite:** Must have completed the Mindset for Supervisors or Introduction to Strengths trainings or a team strengths workshop to enroll in this training. Register for Rest: A New View on Workplace Performance in My Learning.

**SAFE ZONE**

**Class dates:** 3/22 or 4/11 – 8:30 a.m. to 12 p.m. or 2/6 or 3/6 – 1 to 4:30 p.m. online  
**Length of class:** 3.5 hours  
**Instructors:** Sponsored by the Office for Inclusive Excellence  
**Category and/or theme:** Elective/People-Centric Skills

This training program is hosted through the Pride Resource Center with the objective of reducing homophobia, transphobia and cis heterosexism at CSU and in our surrounding community, thereby making CSU and Northern Colorado a safer environment for all members of our community across sexual and romantic orientations, gender identities and expressions, and intersections of identities. Register for Safe Zone in My Learning.

**STRENGTHS-BASED COACHING**

**Class date:** 3/6 – 9 a.m. to 12 p.m. online  
**Instructor:** Michele Newhard, Ph.D.  
**Length of class:** 3 hours  
**Category and/or theme:** Elective/People-Centric Skills

As we make a concerted effort to lead from a strengths-perspective, it stands to reason that you may use your team members' strengths to build a more cohesive team, develop their skill sets, and provide an avenue to engagement. This course provides a framework for discussing and leveraging their strengths. Bring your own CliftonStrengths results with you to class and any team strengths results you may already have. **Prerequisite:** Must have completed the Mindset for Supervisors or Introduction to Strengths trainings or a team strengths workshop AND Coaching Basics to enroll in this training. **This class counts towards the Talent Development Focus Certificate: Strengths Development.** Register for Strengths-Based Coaching in My Learning.

**STRENGTHS IN AND OUT OF BALANCE**

**Class date:** 2/1 – 1 to 3 p.m. online  
**Instructor:** Michele Newhard, Ph.D.  
**Length of class:** 2 hours  
**Category and/or Theme:** Elective/Self-Discovery

CliftonStrengths talent themes are neutral, and each individual talent brings value to the workplace. Yet there can be two sides of strengths behavior. As human beings, we may have a tendency both to over calibrate our own talents in times of stress, and also to misunderstand talents we ourselves don't possess. In this session we will explore what talents can look like when we are imbalanced. Further, through reflection as well as discussion of this topic, awareness grows to help you ensure a positive strengths climate. **Prerequisite:** Must have completed Mindset for Supervisors, Introduction to Strengths, or a customized team strengths workshop to enroll in this training. **This class counts towards the Talent Development Focus Certificate: Strengths Development.** Register for Strengths In and Out of Balance in My Learning.
UTILIZING ARTIFICIAL INTELLIGENCE AS A PRACTICAL TOOL *NEW*

**Class date:** 3/7 – 10 a.m. to 12:00 p.m. **in person**  
**Length of class:** 2 hours  
**Instructor:** Evan C. Welch  
**Category and/or theme:** Elective/Systems Thinking

In this session, participants will explore practical tools to effectively integrate artificial intelligence into work roles and gain insights into tailoring artificial intelligence to meet their needs. Participants will explore how to engage artificial intelligence as a reliable companion to assist with leadership development and aid in elevating decision-making processes. Colleagues will work together to explore the art of crafting impactful artificial intelligence prompt to unlocking the potential of artificial intelligence in daily work. The group will address and normalize fears surrounding the incorporation of artificial intelligence, gaining confidence in harnessing its power as a valuable and engaging tool.  
[Register for Utilizing Artificial Intelligence as a Practical Tool in My Learning.]

SUPERVISOR DEVELOPMENT PROGRAM CLASSES

Required Training for All Supervisors and Certification Information

Colorado State University recognizes the importance of the supervisory role and the impact a supervisor has on employee engagement and satisfaction. To continue to develop and create a positive work environment, all supervisors participate in the Supervisor Development Program offered through the office of Talent Development. The offices of Inclusive Excellence, Equal Opportunity, and Human Resources contribute to the training selections.

*Required training for all* supervisors (to be completed in a three-year time span): The required training includes completion of all four trainings in the foundation category and an additional two trainings from either the core or elective categories.

For those interested in receiving the Supervisor Development Program Certification, additional training is available that allows participants to select courses and experiences that best fit their unique needs as a supervisor. If you are interested in obtaining this certification, please see more details and a checklist on our website.

*Certification* includes completion of all four classes in the foundation category, four classes from the core category (one from each theme,) and four classes from the elective category. *(Please note: all classes completed in the required trainings count toward the certification.)*

Enroll in these two available programs, then confirm your completion of the requirements by submitting the documentation form and requesting approval through the program's checkpoint in My Learning to document your completion of the required Supervisor Development Program and optional Supervisor Development Program Certification.

SUPERVISOR DEVELOPMENT PROGRAM, UNIVERSITY REQUIREMENT PROGRAM

Through completion of this program, you will gain a My Learning completion and have access to a My Learning certificate for CSU's required Supervisor Development Program training. This is comprised of four foundation trainings plus any two core or elective trainings. If you are interested in pursuing the full Supervisor Development Program Certification, you may enroll in the My Learning program of that title as well.  
[Register for the Supervisor Development Program, University Requirement program in My Learning.]
SUPERVISOR DEVELOPMENT PROGRAM, CERTIFICATION PROGRAM
This optional program gives you access to a My Learning completion and a university issued certificate for CSU's Supervisor Development Program Certification. Work toward this certification by participating in four foundation trainings plus four core trainings - one in each professional development theme - and four elective trainings in any of the themes. Register for the Supervisor Development Program, Certification program in My Learning.

NOTE: Professional development classes are elective trainings.
Choose any four from the professional development classes (listed above) to fulfill your elective training requirements for Supervisor Development Program, Certification. Professional development classes are rotated each semester and additional classes may be added in the future.

FOUNDATION TRAININGS:
Participants take all four trainings as part of required training and for certification. Total training commitment is 13-16 hours. All foundation trainings are offered in the fall, spring, and summer semesters.

MINDSET FOR SUPERVISORS (Two-part workshop online)
Two-part training, both dates are required: 2/13 and 2/15 – 9 to 11:30 a.m. online
Length of class: 2.5 hours each, 5 hours total Instructor: Michele Newhard, Ph.D.
Category and/or theme: Foundation
In this training, you will develop an understanding of who you are as a supervisor by exploring the strengths you bring to the role. In addition, you will build your knowledge of team dynamics, looking at how the team functions and how to enhance performance. Finally, you will explore how your team contributes to the mission of the institution. NOTE: Mindset for Supervisors is the recommended first training for the required Supervisor Development Program and Supervisor Development Program, Certification. This class counts towards the Talent Development Focus Certificate: Strengths Development. Register for Mindset for Supervisors in My Learning.

RULES OF THE ROAD: FUNDAMENTALS PROGRAM (Two-part program)
Two-part training, both parts are required: self-paced course online, followed by live training online
Class date: 2/23 – 10 a.m. to 12 p.m. online For the Feb. 23 live online session, you will be invited to enroll in the online course on Feb. 9. Completion of the online portion between Feb. 9 and Feb. 22 is required prior to registering for the live online session. The session on Feb. 23 will be held online.
Length of class: 2-hour live training, up to 4 hours total Category and/or theme: Foundation
Instructors: Sponsored by Human Resources
This training highlights the various aspects of the public employee/employer relationship, including equal opportunity employment laws, reasonable accommodations, leave management, confidentiality guidelines, and employee rights and protections. CSU employment policies, procedures and practices will also be discussed. This is a hybrid format program that allows participants to become familiar with key policies and laws through an online course followed by a live session for further clarification and questions. You will register for the program, and then enroll in a live training date “placeholder” session for the live training. Register for Rules of the Road: Fundamentals Program in My Learning.

DIVERSITY, EQUITY AND INCLUSION FOUNDATIONS (Formerly known as Inclusive Excellence Part 1)
Class dates: 1/11 – 1 to 3 p.m. in person or 3/6 – 9 to 11 a.m. online
Length of class: 2 hours Category and/or theme: Foundation
Instructors: Sponsored by the Office for Inclusive Excellence
In this training you will learn CSU's definitions of diversity, equity and inclusion, discuss why pursuing diversity, equity and inclusion is a best practice for any organization, and practice listening and storytelling as skillsets for understanding how we can better support our peers. Register for Diversity, Equity and Inclusion Foundations in My Learning.
UNCOVERING BIAS (Formerly known as Inclusive Excellence Part 2)
Class dates: 1/19 or 2/8 – 9 to 11 a.m. online
Length of class: 2 hours Category and/or theme: Foundation
Instructors: Sponsored by the Office for Inclusive Excellence
This interactive session will explore unconscious bias: what it is, how it forms, how it can affect ourselves and our peers, and what we can do to mitigate our own unconscious biases moving forward. Register for Uncovering Bias in My Learning.

CORE TRAININGS:
If you are interested in Supervisor Development Program Certification, select one training from each of the four themes based on your professional goals and areas of interest. Please see more details on our website.

EMBRACING APPRECIATIVE INQUIRY
Class date: 2/21 – 9 a.m. to 12 p.m. in person Length of class: 3 hours
Instructor: Michele Newhard, Ph.D. Category and/or theme: Core/Systems Thinking
Appreciative inquiry is an organizational and personal change methodology and worldview that can produce dramatic transformational effects in organizations and employees. Affirmative questions lead to outcomes that are both organizationally and personally practical, innovative, and uplifting. Equip yourself with this powerful process that can change your organization's culture and affect the way your employees think about work. Prerequisite: Must have completed Mindset for Supervisors, Introduction to Strengths, or a customized team strengths workshop to enroll in this training. This class counts towards the Talent Development Focus Certificates: Appreciative Inquiry and Positive Psychology. Register for Embracing Appreciative Inquiry in My Learning.

INTEGRITY: BUILDING THE CHARACTER OF GREAT LEADERSHIP
Class date: 2/6 – 9 to 11:30 a.m. in person Length of class: 2.5 hours
Instructor: Evan C. Welch Category and/or Theme: Core/People-Centric Skills
Integrity is frequently cited as a quality of great leaders. What is integrity? What are the qualities critical to possessing integrity? This class will explore the qualities linked to integrity, providing the opportunity for participants to identify opportunities to build and grow. You will learn the qualities linked to the variable of integrity, explore opportunities to enhance your integrity through exercises designed to help you explore your character as a leader, and gain confidence in your ability to evaluate and enrich qualities linked to integrity. This class counts towards the Talent Development Focus Certificate: Positive Psychology. Register for Integrity: Building the Character of Great Leadership in My Learning.

THE ROLE OF EMOTIONAL INTELLIGENCE IN LEADERSHIP
Class date: 1/31 – 9 to 11:30 a.m. online Length of class: 2.5 hours
Instructor: Marsha Benedetti Category and/or theme: Core/Self-Discovery
Emotional intelligence is the “something” in each of us that is a bit intangible. It affects how we manage behavior, navigate social complexities, and make personal decisions that achieve positive results. Come explore the role and importance of emotional intelligence in leadership. This class counts towards the Talent Development Focus Certificate: Positive Psychology. Register for The Role of Emotional Intelligence in Leadership in My Learning.

TRUST: THE ESSENTIAL ELEMENT
Class date: 2/20 – 9 to 11:30 a.m. in person Length of class: 2.5 hours
Instructor: Evan C. Welch Category and/or Theme: Core/Team Effectiveness
Research has clearly shown that a culture of trust makes a meaningful difference in the workplace. How does trust specifically impact the workplace? What strategies can you use to build trust among colleagues, in departments, and within the university? Discover the foundational concepts critical for the building of trust, explore the various benefits from working in an environment built on trust, and learn various strategies you can use to increase trust in your work.
environment. This class counts towards the Talent Development Focus Certificate: Positive Psychology. Register for Trust: The Essential Element in My Learning.

**LINKEDIN LEARNING**

LinkedIn Learning. The Office of the Provost & Vice President for Academic Affairs launched free campuswide access to LinkedIn Learning, a robust online learning resource, for all CSU faculty, staff, and students. Providing access to LinkedIn Learning campuswide is part of the Office of the Provost's strong commitment to provide ongoing learning opportunities for faculty, staff, and students to support professional development and student success. LinkedIn Learning is an award-winning industry leader in online training, with a digital library of more than 18,000 courses covering a wide range of technical, business/professional, and creative topics, and new courses are added every week.

Talent Development is excited to have LinkedIn Learning available as a great resource for professional development for the campus community. We are offering opportunities to explore and engage with specific content.

**LINKEDIN LEARNING LUNCH AND LEARN: HOW TO USE LINKED IN LEARNING**

Class date: 2/14 – 12 to 2 p.m. **in person**  
Length of class: 2 hours  
Instructor: Debora Colbert, Ph.D.  
LinkedIn Learning

This training will offer a hands-on blended learning experience using LinkedIn Learning resources and in-person activities. In this session, we will go through the How to Use LinkedIn Learning course and explore ways to create our own learning experiences. Register for LinkedIn Learning Lunch and Learn: How to Use LinkedIn Learning in My Learning.

_**How to Use LinkedIn Learning created by LinkedIn Learning Staff Instructor Oliver Schinkten**_

LinkedIn Learning bridges the gap between the career you want and the skills you need. We help the world's professionals achieve more. Learn online, at your own pace, with our library of 5,000+ creative, business, and technology courses, on subjects from art to Zend. To get the most from LinkedIn Learning, we've developed this short course to get you up and running. Learn how to find the best courses to take using our recommendations and search tools, explore learning paths, play and pause training videos, use transcripts and exercise files, and customize your learning experience.

**LINKEDIN LEARNING NEURODIVERSITY IN THE WORKPLACE LEARNING PATH**

We are excited to invite you to a Talent Development curated program of LinkedIn Learning content that aims to create a more inclusive and innovative workplace. This self-paced program is designed to help foster understanding, promote acceptance, and unlock the potential of neurodivergent individuals within our organization. Participants will gain a deeper understanding of neurodiversity and its potential impact on innovation and productivity, acquire practical tools and strategies for creating a more inclusive workplace, and hear firsthand experiences and success stories from neurodivergent individuals and advocates. Through this program, you will be able to choose from short videos or entire courses to gain either an overview or a deeper dive into the learning. Completion of all four steps will take approximately 2 hours. Register for Talent Development’s curated LinkedIn Learning Neurodiversity in the Workplace Learning Path in My Learning.

**CENTER FOR MINDFULNESS OFFERINGS**

Colorado State University's Center for Mindfulness is a center working intentionally and collectively to create conditions that inspire personal and community transformation leading to mindful communities and fostering socially conscious, compassionate, and mindful leaders. Please visit the CSU Center for Mindfulness website for more information. Filter the Learning Library using the “C4M” tag to quickly find available offerings.
**MINDFUL MOVEMENT AND SOUND BATH**

**Class date:** 2/9 - 1 to 3:30 p.m. **in person**  
**Length of class:** 2.5 hours  
**Instructor:** Madison Polansky

This new moon Mindful Movement and Sound Bath wellness event will offer a harmonious blend of guided meditation, mindful movement/yoga, and a soothing sound bath. Harness the serene ambiance of the new moon energy to align your intentions, encourage rejuvenation and self-discovery, and find inner balance. This event promises to leave you feeling refreshed, renewed, and ready to embrace the new lunar cycle with intention and positivity. All experience levels are welcome. Additional information provided upon registration. [Register for the Mindful Movement and Sound Bath in My Learning.](#)

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**UNIVERSITY EMPLOYEE ORIENTATION**

New employees will be notified by email about the different University Employee Orientation options based on their specific employment categories. Email [Nakia Lilly](mailto:) with questions about University Employee Orientation.

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**SPOTLIGHT RECORDINGS AVAILABLE IN MY LEARNING**

The recordings of our previously offered Spotlight Learning sessions have been made available to you in My Learning as self-paced eLearning courses. In the Learning Library, filter by Course and the Talent Development “TD” tag to view the available eLearning courses. Please note that we do not provide recordings of our longer classes.
For online registration instructions, please refer to the My Learning Registration Guide available at mylearning.colostate.edu. For registration assistance, please email MyLearning@colostate.edu.

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