

# Return to Campus Seminars & Workshops

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This document was created to assist WSU faculty and staff as you return to campus. Enjoy these helpful webinars and resources from:

- Wellness Warriors
- OED
- C&IT

## Workshops for Support During this Time of Transition:

[\*Sleep and Wake Up to Good Health\*](#) | Ulliance | July 8 at 12 pm

Learn the health benefits, recommended amounts, and tips & tricks of a good nights sleep

[\*Return to Work & Leave the Worries Behind\*](#) | Ulliance | July 14 at 11 am

Discover coping and support strategies as we adjust to a new work environment

[\*Sustaining Emotional Intelligence\*](#) | Ulliance | July 22 at 8 am

Identify ways to build even stronger relationships, succeed at work, and achieve career and personal goals

## Seminars to Prepare for Effective & Efficient Hybrid Work:

[\*Communicating in Hybrid/Flexible Workspaces\*](#) | Ulliance | July 20 at 2 pm

Identify new forms of communication and collaborating in our new work environment

[\*Ready, Set, Goal!\*](#) | Ulliance | July 21 at 1:30 pm

Practice strategies on writing effective goals and action plans to ensure success both professionally and personally

[\*MS Teams Basics\*](#) | C&IT | July 21 at 2:30 pm

Microsoft Teams creates a shared workspace where you can chat, meet, share files, and work with business apps. This training session will get you started with Teams

[\*MS Office 365\*](#) | C&IT | July 22 at 10 am

Join our advanced Teams training where we will cover tracking attendance, presenting like a pro with new settings, together and gallery modes, live events, and breakout rooms

[\*MS Teams Advanced\*](#) | C&IT | July 23 at 10 am

Effectively manage your email, calendar, and navigate to the different Office 365 applications — Word Online, PowerPoint Online, Excel Online, OneNote, and OneDrive

[\*Problem Solving in Hybrid/Flexible Workspaces\*](#) | Ulliance | July 27 at 10 am

Tap into your creativity to explore problems/opportunities in new ways

Check out the virtual/remote offerings for leading hybrid teams in Accelerate, our eLearning library. Be on the lookout for additional items to come as we continue to add resources!