

HEART-RELATED CELEBRATIONS

Monday, February 17, 2014



*Bellevue College, Cascadia CC, Lake WA Inst. of Tech., North Seattle CC, Renton Tech. College, Seattle Central CC, Seattle CC District, S. Seattle CC, Seattle Voc. Inst.

8:00	Breakfast			9:00a – 4:00p (incls. lunch) CPR with Peter Prescott (Must have pre-registered) C167
8:15-8:30	Aaron Hilliard, VP of HR - WELCOME WELCOME to our Region B* members joining us today. Cafeteria			
8:30-10:00	Qigong <i>Moving Meditation</i> Ken Wright C120A	Get to Know BC Staff! Informal roundtable talk. Share with fellow staff where you work and what you do. Cafeteria		
10:00-10:15	Break – door prizes Cafeteria			
10:15-11:45	Speaker Jerry Workman on Behavior Styles Developing the ability to deal effectively with others is perhaps the most important skill that you can learn. Successful personal and work relationships are crucial to personal happiness and work performance. Come and identify what your Behavior Type is and how it impacts others. This workshop is filled with laughs and information that makes a person feel like they are reading their personal horoscope. C130A	Sharepoint SharePoint is a versatile collaboration platform ideal for posting & sharing documents with others online. Tools available in SharePoint allow you to collaborate by: setting up discussion boards, picture or document libraries, task lists and calendars. Attend this workshop to learn more! Lori Tiede (A134 computer lab room)	BC Safety/Emergency Preparedness Training Tommy Vu C120B	
11:45a-12:30p	Lunch – door prizes Cafeteria			
12:30-2:00	School Employees Credit Union (SECU) Financial Yoga: Stretching Your Hard-Earned Dollars AND Identity Theft C120A/B	Speaker Jerry Workman on Behavior Styles (Repeat of the 10:15 session) C130A	Microsoft Office 2013 Tips and Tricks Keith Rowley (A134 computer lab room)	
2:00 – 4:15	SOCIAL TIME & NETWORKING in the Cafeteria Door prizes announced at 2:30. Snacks/light refreshments provided.			