

Take the Lead

Leadership UNK Newsletter

LOPERS THRIVE

SUICIDE PREVENTION PRESENTATION FOR UNK FACULTY AND ST

Learn how to recognize the signs and respond to people in distress.

Tuesday, Oct 20



9:00-11:00 AM

Copeland Hall 142

Led by Kiphany Hof and Sally Wiarda from UNK Counseling

The Power of the Herd means offering support to those in need.

Please join us for this important presentation designed to make our campus a safer space for all.

September's Class Summary

Focus of the meeting: Understanding People, Managing Pressure, and Building Stronger Workplaces

Location of the meeting: Student Union

September's LUNK class kicked off with an alumni breakfast and fun networking time. Sally Wiarda from Counseling shared insights on Mental Health Trends, followed by Megan Goeke from OGSAI, who presented on Multi-Generations in the Workplace. The session wrapped up with Dr. David and Kiphany Hof leading an engaging discussion on Work-Life Balance.



Professional Development Tip: Build Your Network

Professional networking doesn't have to mean attending formal events. Take a few minutes to connect with a colleague, introduce yourself to someone new, or follow up with a professional you met recently. Small connections can lead to valuable relationships and opportunities.