

preparing tomorrow's leaders today!

LEADERSHIP UNK

UNIVERSITY OF NEBRASKA UNK KEARNEY

MAKE A difference

unk.edu/leadership-UNK | leadership@unk.edu



Mission >>> Familiarize staff and employees with Leadership opportunities at UNK and opportunities in the Kearney area... - - unk.edu/leadership-unk

Take The



On March 4th a group of LUNK Board of Graduates

volunteered at a free mobile produce pantry sponsored by USDA, Liberty Fruits, Community Action Food Bank, Hot Meals USA, Buffalo County Community Partners, eFree Church and the Buffalo County Agricultural Association. Vehicles lined up outside the Buffalo County Fairgrounds going out passed the main entrance. The group assisted in giving families a box of fresh foods and a gallon of milk as they drove through four lines of volunteers aiding in loading vehicles. We were thankful for giving back to those in need as part of the Farmers to Families Food Box program and helping those in our community. Through this program, the USDA partners with local food distributors whose workforce has been impacted by COVID-19 to purchase food that might otherwise go to waste, package these products into family-sized boxes, and then transport them to food banks and other organizations serving families who may be experiencing food insecurity.

Leadership UNK Alumni Spotlight >>> Sandra Heiden

Hometown:
Kearney, NE

Department:
Office of Residence Life

Job Title:
Office Associate

Job Responsibilities:

As the Office Associate for Residence Life, I serve as the receptionist for our office; take care of all payroll and hiring paperwork; manage the paperwork for Accounts Payable and Accounts Receivable transactions and process all bills and cash transmittals; pull necessary financial reports as needed, reconcile all procurement card purchases as well as make purchases for supplies and process purchase orders through the University system and help with travel as needed.

Hobbies:

Baking, crafts, and spending time with family.

In 3 words, describe what true leadership looks like to you:

Honesty, Integrity and Vision
Empowering, Encouraging & Supportive
Empathy & Humility

If you could do another job for just one day, what would it be and why:

I am not sure. I truly enjoy working with students of all ages. It is both a privilege and blessing to be a part of the UNK team. We have so many opportunities to serve and be a resource for the students here at UNK and help them feel like they belong, and we are here to help them succeed during their time at UNK. We are ordinary people who have opportunities to do extraordinary things to make a difference in the lives of those we touch each day.

Tell us something that might surprise us about you:

I love making "kolaches" at Christmas time for family & friends. I have also made many, many sheet cakes and birthday cakes over the year and well as a few wedding cakes along the way for family.



final thoughts...

"LEADERS THINK AND TALK ABOUT THE SOLUTIONS.
FOLLOWERS THINK AND TALK ABOUT THE PROBLEMS."

-Brian Tracy

February session >>>

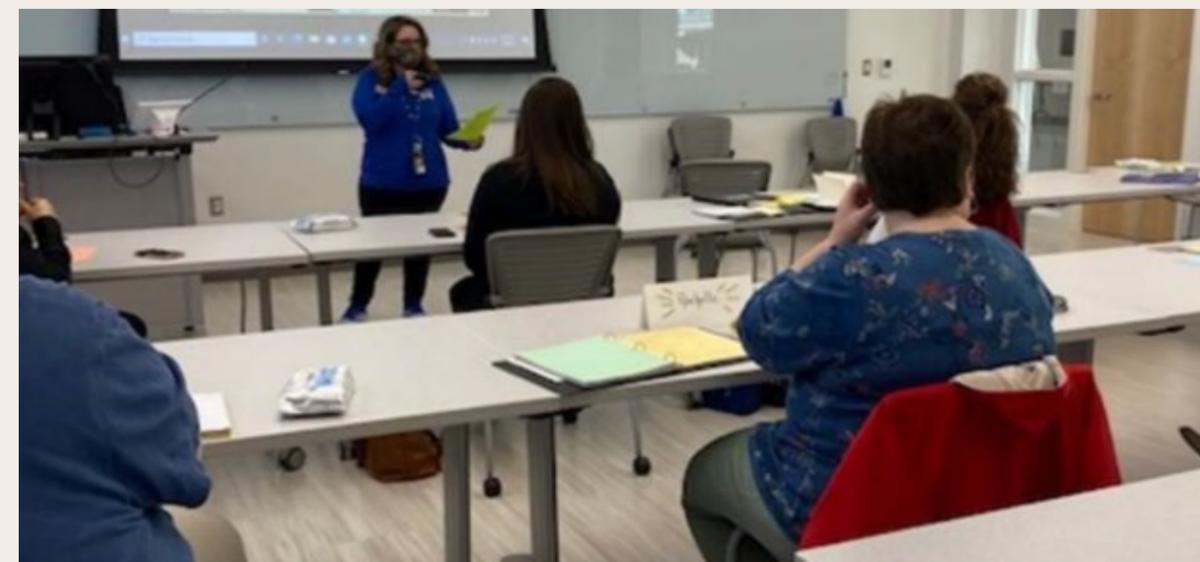
Work/Life Balance

The February meeting of the 2020-2021 Leadership UNK class began with discussion of the book they have been reading, including qualities of a leader and opportunity over obligation. Then the group dove into their speeches covering a myriad of topics. The class members each received comments from Brandon Drozd and each other to become an effective public speaker.

Then the class members walked over to the Health and Sports building to get a tour of the Rec Center. The class members were also given the opportunity to climb the rock wall. Following this, the class members went over to the Alumni House.

Once at the Alumni House, the class was seated at a table setting they may encounter at a professional meal. Brandon Benitz discussed meal etiquette with the group. He gave many useful tips on dining etiquette, including the concept that a professional meal is about branding yourself and fitting in with the group at the meal.

Once the etiquette lesson was over, each class member left the Alumni House with a lunch from Alley Rose.



March session >>>

Conflict Resolution and Listening

March's Leadership UNK session began in Discovery Hall. This was the first time a few class members had been in Discovery Hall. The session opened with continued discussion of the book, *You Don't Need A Title To Be A Leader* by Mark Sanborn. The class discussed how leaders can increase ROI or Relationships, Outcomes and Investments. Then the class watched a video titled "6 Tips to Being a More Effective Listener".

Dr. Krista Fritson spent some time discussing Conflict Resolution. She shared that prevention is the key to conflict resolution, the importance of cues from body language, and how emotion can impact a situation. Following a short break and tour of the building, Josh Lynn spoke on Listening. He spoke about paying attention with verbal affirmations and asking questions. He also emphasized ways to be an active listener. The class then watched a Ted Talk with Glenn D. Rolfsen, titled "How to Start Changing An Unhealthy Work Environment."

After the video, Kathy and Karen played a game of BINGO themed around active listening. The last part of the meeting was spent planning class sessions for next year. Class members were able to establish room and speaker ideas for each session.