

UNIVERSITY of NEBRASKA at KEARNEY

LEADERSHIP UNK

PREPARING TOMORROW'S LEADERS TODAY!

BE BLUE. BE GOLD. **BE BOLD.**

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

Mission >>> Familiarize staff and employees with Leadership opportunities at UNK

Take The Lead

Leadership UNK Class #17

The 2023-2024 Leadership UNK class attended the Board of Regents meeting in Omaha Nebraska.



Leadership UNK Alumni Spotlight >>> Heidi Knake

Hometown: Elm Creek

Department:
Graduate Studies and Academic Innovation

Job Title:
Digital Copywriting and Academic Outreach Coordinator

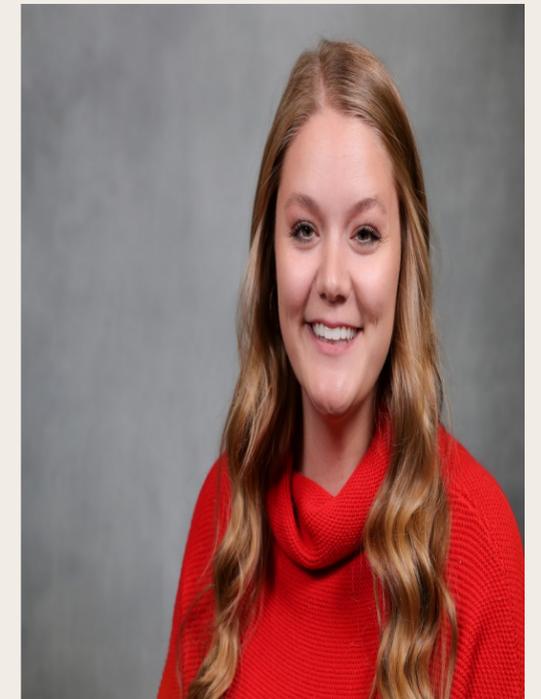
Job Responsibilities:
Write and edit copy to promote UNK's online and graduate programs through social media, emails, blogs, etc.

Hobbies:
I love reading! My favorite author is Mitch Albom, and my dog Morrie was named after his best selling book *Tuesday's with Morrie*. Morrie and I can often be found out for a walk or exploring in the river.

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

If you could do another job for just one day, what would it be and why:
I love coffee! I would love to be a barista to learn how to make some yummy brews!

Tell us something that might surprise us about you:
I have 10 bookshelves in my small two-bedroom home, with more than 1,000 books! I originally was a Library Science major when I started college.



Final thoughts...

“Love is how you stay alive, even after you are gone.” Mitch Albom, *Tuesdays with Morrie*

February session >>>

Multigenerational Communication/Generational Workforce

Led by Tammy Eaton & Tiffany Stoiber

In February, the Leadership UNK class explored public speaking, intergenerational communication, and professional dining etiquette.

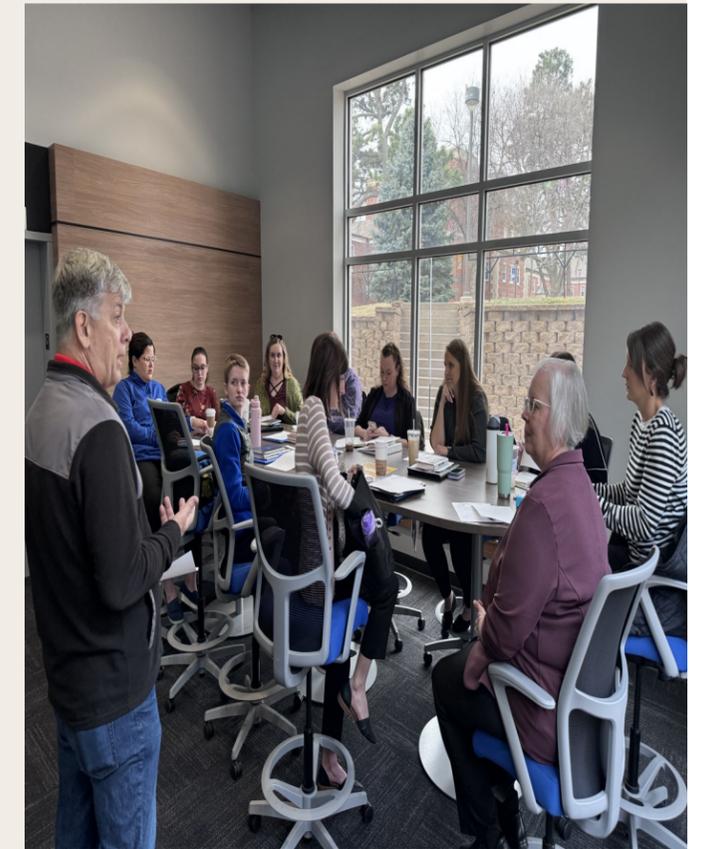
The class did an excellent job in their speeches covering a variety of leadership topics, from the importance of recognizing organizational culture to recognizing individual strengths.

Megan Goeke, a 2023 Leadership UNK Graduate and the Associate Director of Professional Development & Online Programs for the College of Business and Technology, then presented to the class the intergenerational workplace, covering baby boomers through generation alpha, exploring their contrasting values, goals, and views of work.

To conclude the day, the class enjoyed an etiquette luncheon at Fyre Modern Grill, hearing from Brandon Benitz.

Tiffany Stoiber and Tammy Eaton facilitated the February session.

Preparing Tomorrow's Leaders TODAY!



March session >>>

Positive Psychology & Active Listening

Led by Megan Goeke & Marisa Dixon

This month's Leadership UNK class session was held in West Center with the College of Business and Technology and was focused on Positive Psychology and Active Listening.

The class began with coffee provided by Brewed Awakening and covered by the Leadership UNK board. The class then went into their book discussion, which covered quite a few topics.

Greg Benson, Marketing & Supply Chain Management Program Chair, led the group through an active listening activity. The class learned that even when given directions, it is still good to ask questions because sometimes we perceive communication differently. Greg Benson talked in length about how important active listening is and how things can become easier or easier to navigate when you ask questions.

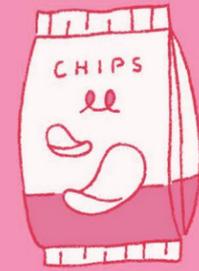
After this activity, the class then moved to a classroom where they got to hear Kyle Luthans speak. Dr. Luthans, Management Department Chair in CBT, spoke about PsyCap, which is a positive psychology model that he has done extensive research on. The class learned how positive psychology can statistically create happier and more positive mindsets. This presentation ended with a collaborative activity.

Olivia Whittaker and Stefani Wegner then talked with the class about next year's session planning. Topics were discussed by the class and selected for the upcoming year.

Two class members gave their speeches and tours of West Center were offered for those who wanted to stay.

Have a Heart

HELP LEADERSHIP
UNK RESTOCK THE
LOPER PANTRY



Collect non perishable food and other donated items within your department from
January 29 - February 9

Bring all donations to the Office of Intercultural Engagement & Leadership, Nebraskan Student Union 106, on
February 9, 12PM - 4PM

Items will be counted and the winning department will be announced at a later time

HIGH NEED ITEMS:

- Cereal
- Peanut Butter
- Canned Meat
- Oatmeal
- Rice
- Fruit (canned or cup)
- Soup
- Snack Foods
- Boxed Dinner
- Juice

Preparing Tomorrow's Leaders TODAY!



PROFESSIONAL DEVELOPMENT & LEADERSHIP OPPORTUNITY FOR UNK STAFF

Wednesday, March 13th
1:00-2:15pm MSAB Sisler Room
Light Refreshments Provided

Intentional Living

Choosing A Life That Matters



Elijah Landell
Rising Tide Leadership Development

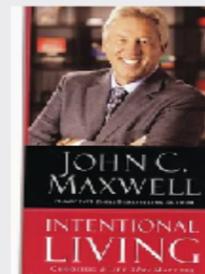
If everyone wants to live a life that matters then why doesn't everyone do it?

In this group study, we will explore how to...

- Put yourself in your story
- Put significance in your story
- Put your strengths in your story
- Stop trying and start doing

And you will discover so much more...

All UNK Staff Welcome
Space is Limited:
Register Now!



We all want one thing...for our lives to matter. And the only way to accomplish this is to live each day intentionally. There is no limit on what you can achieve when you live intentionally. In addition, when you intentionally make decisions every day to bring about positive change in the lives of others, it's then and only then that you begin to live a life that matters. But first you need to understand the importance of your story.



*We All Want One Thing:
For Our Lives to Matter*

