

TAKE THE LEAD

Leadership UNK Newsletter

DECEMBER '24

LEADERSHIP ACTIVITIES OCTOBER & NOVEMBER RECAP

On Tuesday, November 19th, Leadership UNK hosted a professional development workshop: **Leadership & The Science of Healthy Conversations**. The Leadership Center (TLC) of Aurora, NE led an interactive workshop focusing on development, personal growth, and communication. It was a great opportunity for UNK staff to learn, grow, and connect. The event was filled to its 30-registrant capacity, and took place in MSAB Sisler room. **Watch your emails: the LUNK BOG plans to hold another workshop from TLC in March or April!**



Kelly Bartling (right) and Scott Benson (left) Presenting at the Connections Event in October

Leadership UNK & the Staff Senate Professional Development Committee partnered to host a **UNK Connections & Informational Event for Staff & Faculty** on Tuesday, October 22nd in CPH 142. The goal of the event was to give interested staff/faculty the opportunity to hear from representatives from offices across campus to discuss important updates and changes related to the resources and support available at UNK for both students and employees. In a nutshell: to catch everyone up on what we need to do our jobs well, support students well, and how we are supported as staff and faculty. Over 60 attendees heard from 14 different presenters.

EVENT PRESENTERS:

- Brad Green, UNK Office of Financial Aid
- Kelly Bartling, UNK Communications, Marketing, and Admissions
- Lisa Neal, University Registrar
- Sally Wiarda, Student Health & Counseling & C.A.R.E Report
- John Gibbs, Academic Advising & Career Dev
- Chris Exstrom, General Education Courses
- Aaron Estes, Ecological Validation; Academic Success Offices; Loper Success Hub
- Renee Zimmer, Office of Student Engagement & Registered Student Organizations
- Ted Eichholz, UNK Police Department
- Michael Cremers, Facilities Mgt & Planning
- Bryce Abby, Employee Health & Wellness Program
- Marissa Dixon, Campus Rec & Wellness Center
- Scott Benson, Human Resources
- Alex Straatmann, Office of Equity and Compliance
- Maha Younes, Closing Remarks

MARK YOUR CALENDARS: LUNK EVENTS SPRING '25

January 8, 8:15-8:30am Discovery #384
LUNK Alumni Welcome to Network with Current Class

January 13-17
LUNK Loper Pantry Food Drive

February 12, 8:15-8:30am Village Flats Conf Room
LUNK Alumni Welcome to Network with Current Class

February 21, 4-6pm Ockinga
LUNK/Staff Senate Faculty Staff Club
LUNK Alumni [SIGN UP HERE](#) to bring food

March 12, 8:15-8:30am Library #101
LUNK Alumni Welcome to Network with Current Class

March 12, 1-2pm Calvin T Library
LUNK Access Period Meeting & Packing Party

April 9, 8:15-8:30am NSU 310 & 312
LUNK Alumni Welcome to Network with Current Class

April 30, Time TBA:
Leadership UNK Graduation

May 31, 5pm:
Application Deadline for New LUNK Class

LUNK ALUMNI: JOIN THE LUNK CLASS

8:15-8:30AM EACH SESSION

- January 8: Discovery 384
- February 12: Village Flats Conference Room
- March 12: Library #101
- April 9: Student Union 310 and 312

LUNK Alumni are invited to join the first 15min of each monthly class session for a brief introduction. If a session is near or in your building, please stop by 8:15-8:30am.

Attention Staff

UNK STAFF RECOGNITION CEREMONY JAN 9TH

BREAKFAST 8:30AM, CEREMONY 9:00AM
NSU PONDEROSA ROOM

The Staff Senate Employee Recognition Committee (ERC) will hold its annual Staff Recognition Ceremony on Thursday, January 9th. All UNK Staff are encouraged to attend. Award winners from 2024, along with 2024 new hires will be recognized. There is not a cost to attendees and no RSVP is required.

STAFF OPPORTUNITIES IN LEADERSHIP & SERVICE

The Staff Senate has several auxiliary committees that are always in need of more members. Committee options include: Communication, Policy, Professional Development & Engagement, and Employee Recognition. To inquire about joining a committee, [CONTACT ANY STAFF SENATOR](#).

WE LIFT BY RAISING OTHERS: NOMINATE FELLOW STAFF FOR RECOGNITION

The Staff Senate Employee Recognition Committee (ERC) is one of several Staff Senate committees. It is responsible for the Teamwork Excellence Award (TEA) and Employee Achievement Award (EAA). These are awarded monthly during the Staff Senate Meeting. **When you see good work in your area of campus, please nominate deserving employees!** The Employee Achievement Award is given to an employee who has - demonstrated outstanding service, had a positive impact on the UNK community, and gone above and beyond to support students, faculty, and staff. The Teamwork Excellence Award recognizes a group / committee / team of UNK employees who have collaborated effectively together on an event, project, campus initiative, or general office responsibility. The group may include faculty, staff, and students.



LUNK Member Amanda Keating Performs a Speech Activity During the September Class While Her Classmates Look On



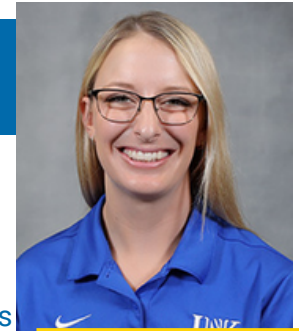
November LUNK Class Etiquette Lunch at The Alley Rose

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ALUMNI SPOTLIGHT



MARISA DIXON
CLASS OF 2022-23

- UNK POSITION: Member Services Coordinator, Campus Recreation
- TOP 5 CLIFTON STRENGTHS: 1. Developer 2. Arranger 3. Positivity 4. Harmony 5. Context
- FAVORITE LUNK CLASS EXPERIENCE: Board of Regents Meeting!
- ADVICE FOR CURRENT CLASS: If you haven't already, get to know your classmates! Networking across campus is so important and seeing friendly faces is also great!

LUNK BOR Experience



OCTOBER 24' CLASS MEETINGS

- **LOCATIONS:** Warner Hall & UNK Regional Engagement Center
- **LEADERSHIP FOCUS:** Board of Regents
- **ACTIVITIES:** The Board of Regents meeting was held in Kearney this year at the Regional Engagement Center. In preparation for the event, the LUNK class met with Jon Watts the day before to go through the bios of each Regent and learn more about topics currently being discussed at the Regent level. The class then attended the Board of Regents meeting followed by lunch at Alley Rose for a debriefing and general discussion. This meeting is always a highlight of the year and is a great reminder stay updated on the many transactions going on at the NU level that impact our campus.

NOVEMBER '24 CLASS MEETING

- **LOCATIONS:** Ockinga & The Alley Rose
- **LEADERSHIP FOCUS:** Networking, The Foundation, Class Leadership Speeches, Etiquette Lunch
- **PRESENTERS:** Dr. Julie Shaffer, Scott Benson and Lucas Dart
- **ACTIVITIES:** Dr. Shaffer, Scott, and Lucas provided an informative panel discussion on networking. They each shared stories and provided the class with ideas to expand connections and develop networking skills. Since public speaking is an aspect of networking, the class also completed their 3-5 minute Leadership Speeches. This year, the speech focus was on how the individual leads with their Clifton Strengths as well as leadership programs within their department. Finally, the class went to Alley Rose for an etiquette lunch presentation from Scott Benson.

DECEMBER '24 CLASS MEETING

- **LOCATION:** College of Education, B154
- **LEADERSHIP FOCUS:** Digital Wellbeing & Work/Life Balance
- **PRESENTERS:** Dr. Chance Bell, Dr. David Hof & Kiphany Hof
- **ACTIVITIES:** As we focus on busy schedules and the holidays ahead, these topics were strategically selected for December. Dr. Bell presented a thought-provoking, eye-opening presentation on digital wellbeing. This included how and why we use social media and also included ideas and resources for digital minimalism – a philosophy of technology use in which you focus your online time on a small number of carefully selected and optimized activities that strongly support things you value and then you happily miss out on everything else. Dr. David and Kiphany Hof focused on work/life balance. This included tips on coping with technology as well as five other elements. The class completed an activity sheet based on one of the elements. These activity sheets were collected and will be mailed back to each class member in six months. The class was also given another sheet to write down their 2025 goals. Since the holidays can become stressful, this was a great presentation with activity to help us be authentic during this chaotic time and not try to live in someone else's social media world while effectively balancing work with life's many other demands.

