

# SMSU Development Day

Tuesday May 14<sup>th</sup>, 2024  
Upper & Lower CC



## Welcome – Lower CC

10:00 a.m. – 10:15 a.m.

## MORNING KEYNOTE SPEAKER – Lower CC

10:15 a.m. – 11:00 a.m.

The 5 Rules for Life - Desiree Petrich, Intentional Action, LLC

Desiree Petrich is the host of the Lead With Confidence podcast and the owner of Intentional Action LLC, which provides training programs in the form of team building exercises, workshops, and coaching programs helping people to learn to Lead With Confidence. Her specialty is helping high achievers become great leaders and strives to help individuals take control and responsibility of the life they lead to inspire and encourage them to build a life they love!!

## Breakout Session 1

11:00 a.m. – 11:45 a.m.

(pick one to attend from the 3 different topics listed below)

## Lunch – Lower CC

11:45 a.m. – 12:15 p.m.

## Fitness – Move your Body with Kris Cleveland

(Lower CC)

12:15 p.m. – 12:30 p.m.

## Breakout Session 2

12:30 p.m. – 1:15 p.m.

(pick one to attend from the 3 different topics listed below)

## Closing Tour – Unseen Places of SMSU

1:15 p.m. (approximately 45 minutes) – Front entry of the Conference Center (main doors)

### **Topic #1: Sleep Hygiene**

Presenter: Jarad Ripperger – Restorative Sleep Solutions

Room: CC 214

Good sleep is vital – and if “good sleep” is not being achieved, it’s important to figure out WHY. According to sleephealth.org, more than 50 million Americans already suffer from over 80 different sleep disorders and at least 25 million Americans (that’s 1 in 5 adults) suffer from sleep apnea. Getting high quality sleep is vital for overall health and its impact is often overlooked. Learn from the experts how to obtain “good sleep” to feel fully rested so you can be the best you!

### **Topic #2: Financial Literacy**

Presenter: Brent Snodgrass – Edward Jones

Room: CC 213

Our finances touch nearly every aspect of our lives. So, learning how to manage, save and invest your money, and then developing strategies to meet your personal financial goals, can help create the future you imagine. A strong foundation of financial literacy can help support various life goals and help you take control of your finances to develop financial skills for all stages of life.

### **Topic #3: Employee Resources Groups**

Presenter: SMSU Soup Swap Panel

Room CC 212

Do you have the desire to see your hobby or interest become part of an employee group here at SMSU? Maybe planting flowers or a walking group. Come chat with our panel from the Soup Swap Group to hear their stories and experiences and find out how to make it happen!

### **Unseen Places of SMSU Tour**

Presenter / Guide: Tony Nubile & Team

Location: Front entry of the Conference Center (main doors)

This tour will be approximately 45 minutes and will close out the 2024 Staff Development Day. Join this guided tour to uncover some of the unique places at SMSU that you maybe did not know exist. You will learn something about each location along the way! Meet at the front entry of the Conference Center (main doors).

#### **Employee Development Philosophy Statement**

*We are committed to developing the talents of Minnesota State Colleges and Universities’ employees. We value our employees and understand that continuous learning benefits the entire system by developing and maintaining employee skills that link directly to achieving organizational goals and objectives. Supporting successful leaders at all levels also builds institutional capacity to better serve our students and our communities. This commitment is realized as a shared responsibility between each employee and each college, university, or the Office of the Chancellor.*

