

Professional Development Week 2022

University System of Maryland

Empower Your Journey: Unleash Your Potential

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October 17-21, 2022

- FREE!
- Online!
- Networking events each day
- 4 tracks to choose from
- Keynote Panel Discussion on Day 1
- October is Mental Health Awareness Month
 - Preconference event: Redefining Stress
 - Morning Mindfulness each day

Keynote Panel

Gregory Fowler

**President,
UMGC**

**Jennifer King
Rice**

Provost, UMD

**Anne
Khademian**

**Executive
Director, USG**

JulieAnn Garcia

**Vice President,
HR, UMG**

**Robert Grimm,
Jr.**

**Executive
Director, Do
Good Institute,
UMD**

Conference Tracks

A.

Diversity, Equity and Inclusion (DEI)

Focus on the skills and knowledge to build stronger interpersonal and professional skills.

B.

Personal Leadership Mastery

Focus on skills to help you expand your knowledge and skills needed to increase your capacities and leverage your strengths.

C.

Workplace Productivity

Focus on boosting skills in areas of productivity to increase efficiency and your professional acumen.

D.

Workplace Wellness

Focus on skills to help you better manage work and personal priorities as well your mental health.

Sample Sessions

- Diversity, Equity and Inclusion

- We see you, we hear you, we value you!
- Making your meetings, events, and projects accessible for all.
- Disability inclusion in diversity, equity and inclusion.

- Personal Leadership Mastery

- Humor in the workplace: How authenticity leads to professional success
- Goal setting for success: 8 steps to accomplish your professional goals
- Escape the cape

Sample Sessions

- Workplace Productivity

- Conflict Yodas: Professionals empowering others to free themselves of conflict
- Speaking with confidence: Step up your game
- Emotionally intelligent supervision for supervisors and aspiring supervisors

- Workplace Wellness

- Workplace wellness strategies for the hybrid workforce
- Understanding and estimating health care costs
- Pouring from a full jug: Self-care practices

Registration is now open!

<https://www.usmd.edu/PDWeek2022>



UMBC Offerings

Fall 2022

- Coping with Change Related Stress
- Generational Diversity in the Workplace
- Career Planning
- Nonverbal Communication
- Worklife Balance

Spring 2023

- Effective Supervisor Series (cohort)
 - SMART Goals, Delegation, Feedback, Hybrid Teams
- Building Bridges Across Maryland (cohort)
- Continue communication series
 - Active Listening, Intercultural Communication

How to sign up for learning opportunities:

<https://my3.my.umbc.edu/groups/training>