

# Spring 2025 Leadership Development

## In-Person and Virtual Leveled Leadership Classes

Leading others is a rewarding responsibility. UTSA's Employee Success Center offers an array of leadership training opportunities to enhance your knowledge and skills. Each course is designed to target professional growth in key skill areas.

### Professional Boundaries

- May 29 (in person)

### Managing the Performance Management Process

- April 2 (virtual)

### Difficult Conversations for Leaders

- June 17 (in person)

### Change Management (Overview)

- May 8 (in person)

### Setting Team Mission and Vision

- May 6 (in person)

### Emotional Intelligence for Leaders

- May 27 (in person)

### Building Teams

- April 23 (in person)
- June 10 (virtual)

### Creating and Leading a Community of Trust

- April 24 (in person)

### Strategic Thinking

- April 3 (virtual)

### Elevating Your Leadership Communication

- May 13 (virtual)
- June 5 (virtual)

### Managing Hybrid and Remote Teams

- April 17 (virtual)

### Supervising Others

- March 6 (virtual)

### Leading a Multi-Generational Team

- May 21 (virtual)

### Change Management - Project Development

- April 29 (in person)

### Change Management - Navigating Resistance to Change

- April 16 (virtual)



[Leadership Toolkit](#)



## Online Learning & Resources

Online, on-demand courses that can be completed independently, on your own schedule.

[Time Management for Managers \(MyTraining\)](#)

[Change Management Foundations \(LinkedIn Learning\)](#)

See a topic you think might benefit your team?

Reach out to your [HR Business Partner](#) or the [Employee Success Center](#) directly to find out how we can customize any of our offerings to meet your team's needs!

Not sure which class to take?

Visit the

[Leveled Leadership Courses](#)



# Spring 2025 Bite-Sized Learning Opportunities for Leaders

## Monthly Leadership Huddles

Join other UTSA leaders to learn and interact during these 1 hour, bite-sized learning opportunities based on trending topics for all levels of leadership.

April 30 ..... [Hiring Manager Training: Recruitment Process Overview](#)  
May 28 ..... [Boosting Employee Engagement: Strategies for Leaders](#)  
June 25 ..... [Managing Change with Confidence](#)

**Leadership Huddles are recorded and accessible through [MyTraining](#).  
Below is a list of previous topics covered.**

- Effective Employee 1:1 Meetings
- Difficult Conversations
- From Colleague to Supervisor
- Leading Through Change
- Employee Recognition
- Leading a Hybrid or Remote Team
- Employee Engagement/ Individual Development Plans
- Meet People Excellence
- Inspiring Professional Growth
- Supervising Student Employees
- Stay Interviews
- Leading for Wellbeing
- Level Up Your Employee 1:1 Meetings
- Leading with Empathy
- Employee Relations
- Facilitating Effective and Productive Team Meetings

## Bird Bytes

### SMALL BITES, BIG IMPACT

During these **15-minute monthly micro-learning sessions** for leaders, you will learn tools and strategies that can be quickly implemented to create a positive working environment.

April 14 ..... [Mindful Leadership](#)  
♥ May 12 ..... [Managing Stress for Wellbeing](#)  
June 9 ..... [Developing Resilience in TEAMS](#)  
July 14 ..... [Motivating Through Purpose](#)  
August 11 ..... [Managing Change with Confidence](#)

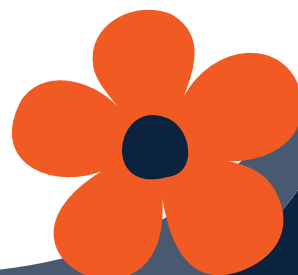
## UTSA Book Club

### ELEVATE YOUR LEADERSHIP SKILLS, ONE BOOK AT A TIME

We will host a new session this summer. Watch for details to come later this spring!

**See a topic you think might benefit your team?**

Reach out to your [HR Business Partner](#) or the [Employee Success Center](#) directly to find out how we can customize any of our offerings to meet your team's needs!



#### To Register:

Click on the class name.  
You will be prompted to log in to MyTraining with your UTSA ID and passphrase.  
This will take you to the enrollment page for the class you selected.

# Spring 2025 Professional Development



## Team Development

Do you have a new team member that needs Gallup Strengths or Working Genius training? We now offer training to support your new team members. Reach out to the [Employee Success Center](#) for registration details!

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- May 20 ..... [Gallup Strength Finder](#)
  - April 22 ..... [The Six Types of Working Genius](#)

**The Employee Success Center also offers Gallup Strengths and Working Genius training for teams! Reach out for details!**

## Professional Development Courses

These classes were designed by the UTSA Employee Success Center.

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- April 15 ..... [Creating Your Individual Development Plan](#) (virtual)
  - May 20 ..... [Navigating Change in the Workplace](#) (virtual)

## Microcredentials

Microcredentials build skills and experience – fast! Expand your skillset swiftly with UTSA's microcredentials. These streamlined educational experiences offer a quick path to acquiring new competencies recognized by a certificate or badge that carries weight in the job market and academia. Microcredentials are an ideal way to deepen your knowledge and refine your expertise.



**Get started with Coursera**



**Get started with Adobe**



## Using Artificial Intelligence in Your Work

Check out [these courses](#) available through your free UTSA [LinkedIn Learning](#) account that will help you to harness the power of AI in your work.

[Be sure to review these helpful Tips for Using Generative AI.](#)

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# Spring 2025 Professional Development Offered through AllOne Health (EAP)



## On-Campus Counseling Services

**On-campus counseling services** for employees are available Wednesdays from 9 a.m.– 1 p.m. and Thursdays from 1 p.m.– 5 p.m. on the Main Campus. Sessions are confidential and private.

**AllOne Health (formerly Deer Oaks)** partners with UTSA as an Employee Assistance Program (EAP) provider as well as a resource for skill development through online training.

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April 14 .....	<u><a href="#">The Seven Habits of Highly Effective Employees</a></u>
April 21 .....	<u><a href="#">Motivate and Lead</a></u>
April 28 .....	<u><a href="#">Coping with Change</a></u>
May 5 .....	<u><a href="#">How to Build Positive Workplace Relationships</a></u>
May 19 .....	<u><a href="#">Moving from Manager to Leader</a></u>
May 26 .....	<u><a href="#">Fostering Resilience: Making It Your Own</a></u>
June 2 .....	<u><a href="#">How to Take More Initiative in Your Work</a></u>

## Learn More About UTSA's Employee Assistance Program (EAP)

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The AllOne Health Employee Assistance Program (EAP) is a **free service** for UTSA benefits-eligible employees and their dependents. The EAP offers a wide variety of services designed to assist in resolving work or life challenges, enabling employees to live more balanced lives.

Services are completely confidential and can be easily accessed by calling the toll-free helpline (1-888-993-7650).

AllOne Health services are available 24 hours a day, seven days per week.

### A sampling of services provided:

- Assessment and Counseling
- Tele-language Services
- Advantage Legal Assist
- Advantage Financial Assist
- Identity Protection and Recovery
- Work/Life Services
- Find-Now Child and Elder Care Program
- Health and Wellbeing
- iConnectYou App

Visit [UTSA People Excellence | Employee Assistance Program](#) to learn more.

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# Spring 2025 UTSA Wellness



**UTSA**  
Employee  
Success  
Center

## Mindset Mondays

Join UTSA Wellness Program Manager, Bryanda Dominguez. the first Monday of each month for a 15-minute microlearning activities to start your week with a motivational quote, a mindset research takeaway, or mindset exercises.

- ♥ April 7..... Coping with Burnout - Participants will learn the symptoms of burnout and coping strategies.
- ♥ May 5 ..... Reframing Your Thoughts - Come create a positive mindset to help you see challenges through a different lens.

## Micro Stretch Break - Refresh Your Body and Mind!

Take a 15-minute reset with a Micro Stretch Break! Join virtually for a guided session of gentle, mindful movements designed to reduce tension, boost circulation, and improve mental clarity.

(Formerly In-person)  
Virtual  
11:30 - 12:30 pm

- April 16
- April 30
- May 14
- May 28
- June 25
- July 23
- August 6



Virtual  
11:00 - 12:00 pm

- April 7
- April 21
- May 5
- June 9
- July 7
- August 4

# Financial Wellness

## Financial Seminars

### Presented by Voya

Give yourself the power of knowledge to help improve your financial wellness. Attend one or more events that can provide you with actionable steps to help you achieve the financial future you envision.

April 18 at 12:00 pm..... Seasonal Financial Tips- 6 Tips for Spring Cleaning Your Finances

### Presented by Corebridge

Corebridge Financial is an established provider of retirement solutions and insurance products.

May 8 at 12:00 pm ..... Social Security and Your Retirement



UT Select members can join the **UT Living Well** app to access UTSA and UT System activities to help support their wellness goals. Participating in events earns you points and incentives.

Sign up today by visiting **UT Living Well**. Be sure to take the wellbeing assessment by **June 1** to be entered in a drawing for some cool incentives!

### To Register:

Click on the class name.  
You will be directed to an  
external link to register.

# Spring 2025 Wellness Workshops



**UTSA**  
Employee  
Success  
Center

NEW

## Heart Saver First Aid, CPR, and AED (formerly CPR/ First Aid)

The American Heart Association (AHA) offers a video-based, instructor-led course that teaches essential skills for managing emergencies until medical help arrives.



**April 30**

**1:00 - 5:00pm**



**May 28**

**8:00 - 12:00pm**

NEW

## Nutrition Webinars

These webinars are presented by masters-level students who are working on their thesis in the Nutrition and Dietetics Program at UTSA. Each topic is selected and researched by the student in collaboration with their faculty advisor. We encourage you to join these interactive virtual sessions!

April 18..... Hydration 101

## YMCA Health Chats

UTSA is partnering with the YMCA to bring virtual Health Chats that focus on relevant topics ranging from mental health and wellness to physical health!

April 15..... Diabetes Prevention and Sugar Intake

♥ May 7..... Breaking Barriers-Empowering Mental Wellness Support

## Airrosti Sessions

Airrosti | UT System Benefits is committed to resolving pain and injuries at the source. An effective alternative to surgery and traditional pain management.

April 23 ..... Tech Neck Webinar (virtual)



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