

# Spring Professional Development Days

Sponsored by Human Resources





# PLU

## TUESDAY MARCH 3, 2026



### CONCURRENT SESSIONS 1

**8:45am-9:45am**

-  Your Guide to Living Well in Retirement
-  AI in the Workplace: Practical Applications and Guiding Principles

### CONCURRENT SESSIONS 2

**10:00am-11:00am**

-  BlueZones Bites: Eat like the World's Healthiest People
-  From Tactics to Transformation: The Inclusive Teaching Mindset



### WELLNESS ACTIVITY

**11:30am-12:00pm**

-  Walking Moai



### CONCURRENT SESSIONS 3

**12:45pm-1:45pm**

-  Managing Stress & Self-Care
-  Beyond the Walls: How Space Planning Powers the PLU Mission



### CONCURRENT SESSIONS 4

**2:00pm-3:00pm**

-  Cheap Meats & Good Eats - The Art of Braising
-  Building Safer & More Joyful Connections 2.0

### CONCURRENT SESSIONS 5

**3:15pm-4:45pm**

-  Wellbeing Ecology
-  Understanding the University Budget 1.0

## WEDNESDAY MARCH 4, 2026



### CONCURRENT SESSIONS 6

**8:15am-9:15am**

-  Start Investing
-  Reclaiming Your Calendar: Navigating Boundaries in the Workplace



### CONCURRENT SESSIONS 7

**9:30am-10:30am**

-  Black, Gold, and Purpose: Inside the PLU Brand
-  Google Workspace: Advanced Features & Workflows


### CONCURRENT SESSIONS 8

**10:45am-11:45am**

-  Understanding the University Budget 2.0
-  Practices That Sustain Us: Mindfulness, Spirituality, and Well-Being at Work



### WELLNESS ACTIVITY

**1:00pm-1:45pm**

-  Line Dancing

### SOCIAL HOUR

**2:00pm-3:30pm**

-  Italian Sodas & Snacks
-  Resource Tabling

## LUNCH HOUR

Join us on Tuesday, March 3 for a free lunch & activities—including *Board (Games) at Work* and *Sketchy People doing Sketchy Things*—when you register & attend at least one session!

Sponsored by the Office of the President.

