

# Spring Professional Development Days

Sponsored by Human Resources



# PIU

## 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

3:45pm-4:45pm

- 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.

