

# UNIVERSITY of HOUSTON

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## HUMAN RESOURCES

### Human Resources POWERS UP Employee Well-being and Takes Learning Virtual

This fall was a whirlwind of activity designed to address employee health, well-being, and learning. In September, Human Resources [POWER UP Employee Wellness](#) collaborated with DSAES, the College of Medicine and the College of Optometry to provide 8 onsite flu shots resulting in 725 faculty, students and staff becoming vaccinated! During October, Breast Cancer Awareness month, The Rose visited the campus to provide onsite mammography screenings. Appointments filled up quickly necessitating a 4th day of screening resulting in a total of 60 exams being conducted, the most ever! Shortly thereafter, 75 employees participated in the Houston Hess Corporate 5K/10K, enabling the University to win the “Top Participation Award in Education” for the 4<sup>th</sup> year in a row! Team UH member [Vilma Garza](#) was awarded the “Best Picture of a Run/Walk Jump” prize. During that same week there was a focus on financial wellness. HR Benefits conducted a two-day Retirement Fair for employees interested in learning about Social Security, TRS and ERS benefits, as well as Medicare and Texa\$aver 457 (b). Close to 1,000 employees participated in these virtual sessions to ask questions and receive helpful information on retirement.

Health and wellness weren't the only things to go digital this fall. The CATALYST Learning Program, which offers leadership and professional development courses for individual contributors to senior leaders, has gone completely virtual. Highly requested courses like *Creative Problem Solving* and *Discovering the Different Communication Styles*, as well as new courses like *Communicating with Virtual Teams* in their new venue have attracted many participants, including several first-time attendees. For those who are interested, there are still seats available in the upcoming December classes. Additionally, the Human Resource Business Partners responded quickly to the needs of the university community by rolling out the *Managing Employees Remotely* training. Our Talent Acquisition team also rolled out the popular *Taleo Fluid Recruiting Training*. Between the three programs, these virtual courses have reached an audience of over 370 employees! More information about virtual training can be found on the [Human Resources virtual training webpage](#). Lastly, Human Resources launched New Hire Orientation with a virtual platform that on boarded 211 new coogs!