Spring 2023
UH Staff Council
Diversity, Equity and Inclusion Committee
Workplace Conversations

Welcome to UH Staff Council
DEI Committee Workplace Conversations
HERStory Series

March 22nd 2023

Women in Leadership: A Conversation on Health & Wellness

Join us as we journey through the stories of Women in Leadership as they discuss self-care, resilience, and stress in the workplace.

March 22 @ 12-1 PM (1 hour, virtual)

Link to join bit.ly/3T2lx1I

Scan for Link to Join
Welcome UH Staff Council Leadership
The Diversity, Equity & Inclusion Committee (DEI) is responsible for recommending and promoting diverse, equitable, and inclusive initiatives in alignment with University of Houston’s values to enrich the University’s culture and enhance the staff experience.

Objectives:

• To disseminate information to the Council and staff concerning diversity programs/activities and seek support from the Council to promote and encourage staff participation.

• To actively solicit, promote, and interact with diverse groups on campus and in the community in support of their goals as well as jointly sponsored events/programs.

• To request annual updates from the University on the progress made increasing diversity and inclusion of staff on campus and report out to Staff Council annually.

• To work with the University of Houston to help build and promote an inclusive work culture that encourages, supports, and celebrate the diversity of experiences, cultural backgrounds, and ideas among our staff.

Thanks to the committee for your efforts in planning the annual Workplace Conversations | HERStory event today!
Welcome
Workplace Conversations Event
HERStory Panelists!
Welcome to UH Staff Council
DEI Committee Workplace Conversations
HERStory Series

March 22nd 2023
Meet Today’s Workplace Conversations

HERStory Panelist

Laura Ortman
Chief Executive Officer Cologix
Meet Today’s Workplace Conversations
HERStory Panelist

Angela Cox
Director, Federal & Mission Systems Sales, Matrox
Meet Today’s Workplace Conversations
HERStory Panelist

Dr. Erika Henderson
Associate Provost /Faculty
Recruitment, Retention, Equity, and Diversity
University of Houston
Meet Today’s Workplace Conversations
HERStory Panelist

Dr. Rheeda Walker
Author, Award-winning Professor & Clinical Psychologist
University of Houston

Achieve Small, Powerful Shifts in Your Life with “The ABCs to Minding Your Mind” by Dr. Rheeda Walker
University Available Resources for Faculty and Staff
POWER UP
An Employee Wellness Initiative
Physical Health Resources:

- Campus Recreation & Wellness Center
- Outdoor Track and Functional Fitness Course
- Cougar Walking Paths
- The Houston Hess Corporate 5k
- #WALK30 Initiative
- Fitness Release Time and Wellness Leave
Physical Health Resources:

- Onsite Mammograms
- Onsite Flu/COVID/Shingles Shots
- Campus Pharmacy
- Campus Smiles
- University Eye Institute
- UH Health Family Care Center
Intellectual Health Resources:

- MD Anderson Library Resources
- Human Resources Catalyst Training and Linkedin Courses
- Staff Tuition Scholarship Program
- Children’s Learning Center Work Force Solutions Tuition assistance
Human Resources

Social Health Resources:

- Annual Faculty Senate/Staff Council Tailgate and Football Game
- Social and volunteer opportunities via Staff Council, Black Leadership Network and many other campus organizations
- Toastmasters and other groups
- HR Wellness and Benefits Fair (HR Benefits)
- HR President’s Staff Excellence Awards (HR Benefits)
Emotional/Mental Health Resources:

- CAPS: Let’s Talk Program
- Office of Ombud Services
- UH Wellness: Mindful Meditation
- UH Health Family Care Center Behavioral Health
- Employee Assistance Program (EAP)
- BCBSTX HealthSelect Mental Health Resources
Human Resources

Spiritual Health Resources:

- A.D. Bruce Religion Center
- Meditation
- Yoga and more
- UH Wellness Mindful Meditation
POWER UP
An Employee Wellness Initiative

Visit: www.uh.edu/POWERUP
Contact: POWERUP@uh.edu
Upcoming Staff Council Events
Women in Leadership: A Conversation on Health & Wellness

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Staff Council Mixer

Meet and network with fellow staff during Staff Council's Spring staff mixer at Pour Behavior on Friday March 24, 2023 from 4:30p – 7:00p.

There is complimentary valet parking until 7:00pm. Pour Behavior is located at 2211 Travis St, Houston, TX 77002. Participants are responsible for their own food and beverages.

Check out the menu and specials here:
32nd Annual Spring Egg Hunt

Saturday, April 1, 2023
9:30am – 11:30am
University of Houston
Lynn Eusan Park
6th Annual
Take Your Child To Work Day

Friday, June 16th
Staff Council Awards Banquet

Wednesday, July 19th
All Paws In!
Give to Staff Council today.

UH Staff Council Initiatives you can choose to support:
- Cougar First Impressions
- Staff Development
- Student Success
- Community Outreach

www.uh.edu/sc/giving
UH Staff Council
DEI Committee Workplace Conversations
HERStory Series

Thanks again to our amazing panelists!

March 22nd 2023
On behalf of UH Staff Council,

Thank you!

staffcouncil@uh.edu
www.uh.edu/sc

Follow us!
@UHStaffCouncil