

The Resource

A Human Resources newsletter for staff, faculty, clinical fellows and postdocs.
November 2018

Resources to help you tHRive



You help the university achieve

its missions of research, teaching and patient care. Learn how you can focus on self-care, build resilience, develop your career and engage in WashU and the community.

Your Well-Being



Focus on

your personal health and wellness. [Know your numbers and get your screening by Nov. 30 for \\$75 Yay! Reward.](#)



Learn skills

Learn skills and develop your career for work that matters. [Start your journey to lifelong learning.](#)



Engage

Cheer on the St. Louis Blues Ice Hockey Team with your colleagues, friends and family! [Discounted tickets available to WashU employees.](#)

WashU United Way Campaign



Join together to support the community.

We have raised approximately \$600,000 toward our university goal of \$800,000. Please help us reach our goal by October 31! Through our university campaign, we can help build a stronger St. Louis region. Pledge to United Way through HRMS and make a real difference in the lives of people in our community. [Pledge today.](#)

New Caregiver Leave Policy



At Washington University, we recognize that our employees need a comprehensive paid leave package that covers the variety of reasons people need time away from work. We are pleased to announce enhancements to the university's paid time-off policy for staff. Effective January 1, 2019, we will offer Caregiver/Parental Leave to eligible staff. [Learn more](#)

Benefit Highlights



Open Enrollment Nov. 5 - 26

Enroll or make changes to your 2019 benefits – including health, dental and vision – from **November 5-26, 2018**, online through **HRMS**. A guide with complete details on Open Enrollment will be sent to your campus email during the week of October 29. Review your guide and follow the steps to ensure your 2019 benefits best suit your personal needs.

Work-Life Solutions



Free, confidential, 24/7 support, resources and information for every aspect of your life.

[Learn more about Work-Life Solutions](#)

Work-Life Monthly Tips

- People everywhere should know the signs to look for and steps to take if (1) they know somebody who is the victim of domestic violence or (2) they are the victim of abuse themselves. [Read more about domestic violence and find support through GuidanceResources.](#)
- October is National Disability Awareness Month. [Read tips on how to accommodate persons with disabilities.](#)

Events and Programming

November 1 [Onsite Health Screening: Center for Advanced Medicine](#)

November 1 [School of Medicine Farmers Market \(Every Thursday\).](#)

November 2 [Managing Income and Debt Webinar](#)

November 6 [Successfully Leading Change](#)

November 7 [Generational Differences: Working Successfully in a Multi-Generational Workplace](#)

November 7 [Danforth Farmers Market To-Go \(Every Wednesday\).](#)

November 8 [Business Writing & Grammar Skills](#)

November 13 [Manager as Coach: Developing Employees for Success Now and in the Future](#)

November 14 [Civil Treatment for Leaders](#)

November 29 [Communicating With Impact](#)

Valuing your Safety at WashU

Washington University makes a strong continuing effort to provide a safe and secure environment for students, faculty, staff and visitors. Make sure you are aware of safety tips and resources when navigating campus. [Learn more](#)

Diversity and Inclusion News

- Participate in the [Staff Passport program](#).
 - [Sign up for diversity training](#) Medical Campus or Danforth Campus
 - Perspectives is a monthly dialogue series:
[The Model Minority Myth: Unhealthy Consequences of Asian American Stereotypes](#) Wednesday, November 7.
 - School of Medicine Disabilities Training and Upcoming Panel Announced
[Learn more](#)
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Manager Highlights: Leading your Teams

- [Caregiver Leave Training for Managers](#)
Begins November 7
 - [Advancing Inclusion: Disabilities Employment Awareness Panel](#)
Tuesday, Oct. 30 from noon to 1 p.m. at Conner Auditorium.
 - View [upcoming management courses](#)
 - Learn more about the [Management and Leadership Development Certificate Program](#)
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Washington University Human Resources is a strategic partner delivering on the university's missions through an unwavering focus on the people who make it great.

[Meet the team](#) and [view our locations](#).

[View more editions](#) of the Resource and other Human Resources news.

[Visit the HR website](#)