

**Subject:** Instant HR & Payroll: Take a Walk with Walker, Creating a Positive Work Environment Seminar, WeightWatchers at Work, Higher Education Program

**Date:** Thursday, August 30, 2018 at 9:56:34 AM Eastern Daylight Time

**From:** Human Resources & Payroll List on behalf of Ashley M Hill

**To:** HR-PAYROLL-L@listserv.gmu.edu

**Attachments:** image003.png, image004.png, image005.png, image006.png, image007.png, image008.png, image010.png, image011.png, Starter Kit Promo Sept 4-21 2018 - Strategic MP[1].pdf, 18-085\_HigherED Master's.pdf, 18-109\_HEP-Certificate Flyer.pdf, WeightWatchers at Work Meeting.ics, Creating a Positive Work Environment - Well-being Series.ics, Take a Walk with Walker - Who's Walking Wednesday.ics

## Instant HR & Payroll

How is your first week of the fall semester going?

This Instant HR & Payroll has announcements focusing on four different dimensions of well-being! There is an upcoming Who's Walking Wednesday with Janet Walker, a new well-being seminar about creating a positive work environment, an update about WeightWatchers at Work, and an announcement about the Higher Education Program.



### Who's Walking Wednesday

**Details:** September 5, 2018, at noon, in the Merten Hall Wellness Circle

Take a walk with Walker! Join Janet Walker, Transportation Programs Manager, as she leads Who's Walking Wednesday **on September 5, 2018**, to celebrate Bicyclist and Pedestrian Awareness Month.

On the walk, snap a photo, post it on [Facebook](#), [Instagram](#), or [Twitter](#), and tag **@GMUHRandPayroll** for a chance to be featured on our social media page!



### Creating a Positive Work Environment

**Details:** September 11, Fairfax, Merten Hall 1202, 12 – 1 p.m.

As part of the Anthem Employee Assistance Program (EAP), Human Resources & Payroll is offering a well-being series focusing on mental health topics.

September's topic is **Creating a Positive Work Environment**. This seminar will address:

- Ways to build trust
- Positive communication
- How to set expectations and needs
- Creative ideas for recognition and rewards
- How to build teamwork
- Finding meaning in your work
- Finding humor in the workplace

All employees are welcome to attend. **To register**, visit <http://hr.gmu.edu/learning/register.php?id=2778&type=833>.

Learn More

## WeightWatchers at Work

**Details:** Every Friday, 11:30 a.m., Fairfax Campus, Merten Hall 2500

WeightWatchers at Work meetings are continuing into the fall semester! Members who join September 4, 2018, through September 21, 2018, will receive a **free** starter kit (a \$70 value).

In addition to the free starter kit, Commonwealth of Virginia and WeightWatchers offer eligible faculty and staff special pricing and a **50% reimbursement opportunity** on valuable and convenient weight-loss solutions.

For more information on how to join WeightWatchers at work meetings, visit <http://hr.gmu.edu/learning/weightwatchers.php> or email [hrlearn@gmu.edu](mailto:hrlearn@gmu.edu).

Learn More

## Higher Education Program

Washington Monthly ranked Mason as one of the **best colleges for adult learners!** Eligible Mason faculty, staff, and non-student wage employees receive the great benefit of the **tuition waiver**. Consider fostering your career in higher education by taking courses through one of Mason's many programs including the Higher Education Program (HEP).

HEP offers several certificates and programs that can further professional development as a higher education professional. Their programs include a PhD concentration in Education and a new MA program in Higher Education and Student Development.

For information, please see the attached flyers, visit [higher.gmu.edu](http://higher.gmu.edu),

or email [hepadmin@gmu.edu](mailto:hepadmin@gmu.edu).

Learn More

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