

2016–2017 The Whole You Series (Programs/Events)

Sponsored by Human Resources

For more information go to wellesley.edu/hr/events or call ext. 3202.



THE WHOLE YOU

W = Webinar/Live Chat | WT = Web Tool | P = Live Presentation | M = Mailing | E = E-mail

+ = Gen-Y/Millennials | ++ = Mid-Career | +++ = Pre-Retirement | ++++ = All Managers/Supervisors | + = All

	Prosperous You	Develop and Recognize You	Engage You	Healthy You	
September	<p>9/13, 12 PM ++ (W) Your Next Great Adventure: Living Well in Retirement</p> <hr/> <p>9/14, 12 PM ++ (W) Demystifying Life Insurance</p> <hr/> <p>9/14, 3 PM ++ (W) Gaining Insight: Navigating Debt Consolidation and Understanding the Mortgage Process</p> <hr/> <p>9/15, 12 PM ++ (W) The 411 on 529 College Savings Plans</p> <hr/> <p>9/20, 12 PM + (W) The 2016 Presidential Election and the Economy</p> <hr/> <p>9/27, 12:30 – 1:30 PM + (P) Money Management LLR</p>	<p>9/30, 12:30 PM + (P) Expert Communication: Communication Skills for Working Effectively with Others LLR</p>			
	October	<p>10/12, 12 PM ++ (W) All About IRAs</p> <hr/> <p>10/18, 12 PM + (W) Economic Update with TIAA Chief Economist</p> <hr/> <p>10/19, 12 PM ++ (W) Money at Work: Foundations of Investing</p> <hr/> <p>10/19, 12:30–1:30 PM + (P) TIAA Presentation: The 2016 Presidential Election and the Economy LLR (Lunch Provided)</p> <hr/> <p>10/19, 3 PM ++ (W) Tomorrow in Focus: Saving for Your Ideal Retirement</p> <hr/> <p>10/25, 12 PM + (W) Social Security Planning</p> <hr/> <p>10/27, 12 PM + (W) Target Date vs Target Risk Funds</p>		<p>10/20, 11:30–1:30 PM + (P) Standing in Another's Shoes Campus Center, Tishman and Cow Chair Room</p>	<p>10/6, 8:30 AM–12 PM + (P) Benefits Fair Alumnae Ballroom</p> <hr/> <p>10/6, 8:30 AM–1 PM + (P) Flu Clinic Alumnae Ballroom</p> <hr/> <p>10/12, 12:30–1:30 PM + (P) Understanding Your Drug Benefit Under HPHC by OptumRx LLR</p>

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November	<p>11/3, 12:30 – 1:30 PM + (P) First Time Home Buyers LLR (Lunch Provided)</p> <p>11/9, 12 PM + (W) Charitable Giving as Part of Your Estate Plan</p> <p>11/10, 12 PM + (W) Equally Prepared: Financial Planning for the LGBT Community</p> <p>11/15, 12 PM + (W) Demystifying Life Insurance</p> <p>11/16, 1 PM + (W) Paying Yourself: Income Options in Retirement</p> <p>11/17, 12 PM ++ (W) The 411 on 529 College Savings Plans</p>	<p>11/16, 12:30–1:30 PM + (P) Best Practices to Facilitate Meetings Lib 336</p> <p>11/30, 12:30–1:30 PM + (P) The Digital Overload Dilemma: How to Unplug and Rejuvenate Lib 336</p>	<p>11/16, 9:30 AM –Noon + (P) Workshop in November LLR</p>	<p>11/8, 12–1:00 PM + (P) Sleep and Nutrition Campus Center 413</p>
December	<p>12/6, 12 PM ++ (W) Planning for Diminished Capacity and Illness</p> <p>12/6, 3 PM + (W) Charting Your Course: A Financial Guide for Women</p> <p>12/7, 12–1 PM ++ (W) Gaining Insight: Navigating Debt Consolidation & Understanding the Mortgage Process</p> <p>12/7, 3 PM ++ (W) Healthy Numbers: Integrating Healthcare into Your Retirement Plan</p> <p>12/8, 12 PM ++ (W) Halfway There: A Retirement Checkpoint</p>	<p>12/8, 12:30–1:30 PM + (P) Managing the Multigenerational Workforce Lib 336</p>		
January	<p>1/18, 12:30–1:30 pm + (P) Budgeting Campus Center 413 (Lunch Provided)</p>	<p>1/12, 12:30–1:30 PM + (P) Persuasive Presentations: Tips and Techniques for Public Speaking Lib 336</p>		<p>1/10, 4:15–5:15 PM + (P) Blending for Health Campus Center 413</p> <p>1/17, 24, & 31 4:30–5:30 PM + (P) 10% Happier College Club (Light Refreshments)</p> <p>1/26, 12:30–1:30 PM + (P) HPHC Demo of Doctor on Demand and the Healthy You Portal LLR</p>
February	<p>2/8, 12:30 – 1:30 PM + (P) Home Buying Process LLR (Lunch Provided)</p> <p>February–March + (WT) What's Your Financial IQ 3.0</p>	<p>Date TBD + (P) HERS</p> <p>2/8, 12:30–1:30 PM + (P) Creating the Respectful Workplace: Meeting Halfway Lib 336</p>		<p>2/15, 4:15–5:15 PM + (P) HPHC Demo of Doctor on Demand and the Healthy You Portal Campus Center 413</p>

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March	<p>3/15, 12:30 – 1:30 PM +</p> <p>(P) Identity Theft LLR (Lunch Provided)</p>	<p>Date TBD +</p> <p>(P) Susan Vogt Fellowship Program</p> <hr/> <p>3/14, 12:30–1:30 PM +</p> <p>(P) Customer Service: Excellence Reaching Deep Down Lib 336</p>		<p>3/8, 4:15–5:15 PM +</p> <p>(P) Time Vs. Energy: How to Have a Productive Day Campus Center 413</p>
April	<p>4/11, 12–1 PM +</p> <p>PRE-RETIREMENT SERIES (P) TIAA Paying Yourself – Income Options in Retirement LLR (Lunch Provided)</p> <hr/> <p>4/24, 5–6:30 PM +</p> <p>PRE-RETIREMENT SERIES (P) Making Sure Your Retirement Income Lasts a Lifetime, While Keeping Pace with Inflation College Club (Dinner Provided)</p> <hr/> <p>4/25, 5–6:30 PM +</p> <p>PRE-RETIREMENT SERIES (P) Retirement Planning, Distribution Planning, and the Best Opportunity for Wealth Transfer Left to the Middle Class College Club (Dinner Provided)</p>	<p>Date TBD +</p> <p>(P) Leadership Development Program No RSVP</p> <hr/> <p>4/26, 12:30–1:30 PM +</p> <p>(P) Reaching Inside: Motivating Ourselves Lib 336</p>		<p>Date TBD +</p> <p>(P) Active You Walking Challenge</p>
May	<p>5/1, 5–6:30 PM +</p> <p>PRE-RETIREMENT SERIES (P) Social Security & Medicare: Hear from the Expert and Leverage the Most From Your Benefit College Club (Dinner Provided)</p> <hr/> <p>5/2, 5–6:30 PM +</p> <p>PRE-RETIREMENT SERIES (P) Retiree Medical Supplement Coverage Options: Learn About the Options Available to You to Supplement Medicare College Club (Dinner Provided)</p>	<p>5/17, 12:30–1:30 PM +</p> <p>(P) Let Positivity Power You and Your Organization Lib 336</p>		
June		<p>6/7, 12:30–1:30 PM +</p> <p>(P) Email Etiquette Lib 336 *Cancelled</p> <hr/> <p>6/21, 12:30–1:30 PM +</p> <p>(P) Assertiveness: Speaking Up with Confidence Lib 336 *Cancelled</p>		<p>6/14, 12:30–1:30 PM +</p> <p>(P) HPHC Demo of Doctor on-Demand and the Healthy You Portal Campus Center 413 *Cancelled</p>