The Resource
A Human Resources newsletter for staff, faculty, clinical fellows and postdocs.
December 2018 / January 2019

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.
Register now for Move Into Mindfulness, a Mind-Body Stress Reduction (MBSR) series. Learn more

Learn skills and develop your career for work that matters. Employee Learning Week Wrap-Up: Emphasizing lifelong learning and recognizing learners in the workplace. Read about the events.

Engage in our campus and community. Find great offers for St. Louis Signature events and discounts for WashU employees. NEW: Save $10 off of regular ticket prices for select Sheldon Concert Hall events during the 2018-2019 season! Back by popular demand are discounts to select St. Louis Blues games (some with special giveaways!) and select St. Louis Symphony concerts. We are also working with the Fabulous Fox Theatre, so check back soon for those offers!

In addition, WashU employees can receive other great discounts on items like gym memberships and FedEx shipping. Read our guide for even more options!

The Spirit of St. Louis Winter Gift Guide

Check off a gift from your list and support the St. Louis community at the same time with our Spirit of St. Louis Winter Gift Guide!

- Check out our St. Louis Signature events and discounts for WashU employees. NEW: Save $10 off of regular ticket prices for select Sheldon Concert Hall events during the 2018-2019 season! Back by popular demand are discounts to select St. Louis Blues games (some with special giveaways!) and select St. Louis Symphony concerts. We are also working with the Fabulous Fox Theatre, so check back soon for those offers!
- In addition, WashU employees can receive other great discounts on items like gym memberships and FedEx shipping. Read our guide for even more options!
The spirit of St. Louis - and WashU - will be with you all year long!

WashU United Way Campaign

Thank you to all who made a donation to the WashU United Way Campaign! We raised more than $910,000 as a university! Pledging is still open until December 20 through HRMS. Make your pledge. Thank you for coming together to make an impact on the St. Louis community.

Caring for your family

Family care Resources
Washington University offers resources to help you care for your family, including access to child care facilities and back-up care for child or elder/adult care in the case of school closures, slight illness, or family emergencies. Learn more about state-of-the-art facilities, find tips and understand what's available to help you care for your family.

New Caregiver Leave
As a reminder, the new Caregiver/Parental Leave staff policy goes into effect January 1, 2019. Learn more

Work-Life Solutions

Tips for Managing Holiday Expenses
Holidays can be overwhelming, stressful and tough on your finances. Proper financial planning is essential to organizing your budget, keeping stress under control and reducing unnecessary spending. Check out these tips for Managing Holiday Expenses from GuidanceResources.

Safe Online Holiday Shopping
Buying goods and services on the internet can be an easy and convenient way to do your shopping this holiday season. However, you have to be careful that you are making wise shopping decisions. These tips from GuidanceResources can help you shop with confidence and reap the benefits of buying online.

Work-Life Solutions offers free, confidential, 24/7 support, resources and information for every aspect of your life. Learn more about Work-Life Solutions.

WashU Staff: A Year in Photos
Throughout 2018, we recognized staff achievements, celebrated your dedication to the university and came together as a community at various events. View WashU staff photo albums from 2018. We look forward to what's ahead in 2019, as we continue to engage and celebrate our valuable staff!

Events and Programming

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<tr>
<th>January 2</th>
<th>Danforth Farmers Market To-Go (Every Wednesday)</th>
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<tr>
<td>January 3</td>
<td>School of Medicine Farmers Market (Every Thursday)</td>
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<td>January 16</td>
<td>Project Management</td>
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<td>January 22</td>
<td>Essentials of Having Tough Conversations Successfully</td>
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<td>January 24</td>
<td>Acing the Interview: A Guide to Interviews and Informational Meetings</td>
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<td>January 31</td>
<td>Lean Process Improvement</td>
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Diversity and Inclusion

- Participate in the Staff Passport program.
- Sign up for diversity training Medical Campus or Danforth Campus
- December 19: Advancing Inclusion: Disabilities 1.0

Manager Highlights: Leading your Teams

- View upcoming management courses.
- Learn more about the Management and Leadership Development Certificate Program

Other WashU Community News for Employees

- MyDay update: building a foundation for success
- University recognizes Leading Together's impact and Wrightons' 'selfless service'. View story
- Reminder: view the updated Holiday Schedule for 2018 regarding added university holidays.