Message from the VP of Human Resources

The last several months have been a challenging time for our community. We have
undertaken and will continue to evaluate difficult, but necessary, changes as we respond
to the evolving landscape of higher education. As we move forward, we must keep in mind two
important concepts: cura personalis (care for the person) and cura apostolica (care for the
work).

We are a community made up of individuals that care for one another. The demonstration of
compassion, respect and care for all of our faculty and staff colleagues will help us get
through difficult times.

Keeping our focus on the important work we are all called to perform on a daily basis can
also help us endure change. Our Mission calls us to serve one another, our students, our
patients and the community. This period of change and transition offers each of us an
opportunity to discern how we use our limited time and resources to most effectively serve
one others.

As we navigate the challenges and opportunities that lie ahead, please seek the help and
support you need, as well as take advantage of resources that can help you be successful
during periods of change. We encourage you to utilize the resources below and share them
with your colleagues.

Wellness Resources

Vitality Challenge - Spring Clean Your Mental Health
The Benefits Office is partnering with Vitality to offer a challenge on assessing your
emotional health and mental well-being, called Spring Clean Your Mental Health. From April
17-30, participants will complete the four Mental Well-Being Reviews and receive 75 points
for each completion. Additionally, a 100 point bonus will be awarded for completing all four
by April 30. Register through Vitality> Community > My Challenges.

MYCare
MYCare is a medical program exclusively for SLU employees and their family members.
Through MYCare, you have access to a team of medical professionals who work together
to coordinate your care and help you live your healthiest life. As a Tier 1 provider, MYCare also
provides cost savings through the University’s insurance plan. MYCare can coordinate the
initial vitality screening for new employees, and will award 500 vitality points for an office
visit with a SLUCare Family Medicine provider. For more information, visit
slucare.edu/mycare or call 314-977-3500.

SLU’s Employee Assistance Program, ComPsyCh Guidance Resources
ComPsyCh has a variety of resources to help build and maintain resiliency, as well as
practice healthy ways to manage stress. These include access to online educational
resources on stress and coping, as well as access to professional licensed counselors on
a confidential and cost-free basis. Click here to learn more.

STAY CONNECTED
slu.edu/hr
314.977.5847

Upcoming Events
Live Well: Living with Change
Thursday, April 13 11:00am-
12:00pm
Allied Health Building
Multipurpose Room
Click here to register

Cura Day of Appreciation
Friday, April 28
12:30-1:00pm
Center for Global Citizenship
Click here to learn more

Faculty-Staff Retreat
April 29 - 30
Sisters of St. Joseph of
Carondelet Motherhouse
Click here to learn more

Live Well: Bringing Out the Best in Others
Thursday, May 25 11:00am-
12:00pm
Busch Student Center, Rm 251
Click here to register

Live Well: Learn How to
De-Stress with Music
Thursday, June 15 11:00am-
12:00pm
Allied Health Building
Multipurpose Room
Click here to register

Who is my HR Consultant?
If there is anyone who you think might need assistance coping with the changes - but who may not reach out for assistance on his/her own - please do the following:
- Ask if/when he/she would be willing to receive a call from ComPsych
- Call 1-800-859-9319
- Describe the situation and provide ComPsych with the individual’s name, phone number and preferred time to outreach

A member of the ComPsych clinical team will reach out to the individual to speak with him/her.

Making All Things New: Easter’s Reality Amid Changing Times
The spring Faculty-Staff overnight retreat will be held on April 29 - 30 at the Sisters of St. Joseph of Carondelet motherhouse. Led by Marian Love, a nationally known director and presenter in Ignatian spirituality, the weekend will include input, reflection and time for personal and communal prayer, as well as Ignation “tools” for making Easter real. Click here to learn more.

Summer At SLU
WHAT KIND OF SUMMER DO YOU WANT YOUR KIDS TO HAVE? Whatever your answer is, you’ll find it at Saint Louis University. We offer more than 60 camps and academies for pre-K through high school-aged students. From theatre to basketball to medicine, there’s bound to be something that sparks interest in your kids and leads to their best summer yet - a SUMMER AT SLU!

Check out our 2017 Summer At SLU Program Guide or visit summer slu.edu for more information.

Recognition & Appreciation

One of the best ways to support our colleagues is to show that we appreciate their contributions. At SLU, there are a variety of formal and informal programs to help us foster a culture of recognition and appreciation.

2017 SLU Stars
Seven members of the SLU community were recognized as the 2017 SLU Stars in an awards ceremony on March 30. Click here to learn more about this year’s SLU Stars and their contributions to care for others, for their colleagues as individuals, and Saint Louis University as a whole.

Cura Day of Appreciation - April 28
Join your colleagues for a “Day of Appreciation” sponsored by the Cura program. On Friday, April 28, faculty and staff are invited to share stories of appreciation and gratitude for their colleagues. Click here to learn more.

Show Gratitude for a Colleague with a SLU Spark
Recognition does not need to be difficult or time consuming. Give a SLU Spark to thank your colleagues for their hard work and daily contributions that are the foundation of SLU’s success. Click here to send a SLU Spark and learn more about the SLU Sparks recognition kits.

Leading Change

The best way to deal with change is to take a leading role in the change process. The Learning & Development department has put together a few resources to help you reframe change, define your role as a change leader and empower yourself to take an active role in the decision-making process. The Learning & Development team is available to help you find additional resources on change management, action planning, ongoing professional development, and leadership development. Email training@slu.edu to learn more.

Reflections on Leading Change
SkillSoft features a bundle of short videos that can help you reflect on how to lead change regardless of your job, position or title. These videos focus on topics like adapting to a changing environment and understanding your change style. All videos are under 4 minutes and include reflection questions to help you turn these ideas into action. Click here to learn more.
Innovation & Change Management Playlist
Whether it’s relocation, new processes, or a reorganization, change can be disruptive and often requires innovative solutions. This series of short videos includes several practical tools and techniques that you and your colleagues can use to help streamline work, uncover problems and overcome barriers. Click here to view the playlist.

Live Well

Throughout the months of April, May and June, the Live Well program will be partnering with members of the SLU community and outside partners to share their expertise on topics related to planning for change, working with colleagues and managing stress. Sessions are intended to be educational and interactive.

Living with Change
Thursday, April 13 | 11am-12pm | Allied Health Building, Multipurpose Room

While change brings opportunities, it is often difficult to say goodbye to what’s changing. In this workshop, participants will identify areas of resistance to change in their life, learn the stages of transition, and develop an action plan for dealing effectively with change. Click here to register.

Bringing Out the Best in Others
Thursday, May 25 | 11am-12pm | Busch Student Center, Room 251

Some people seem to have a knack for challenging, motivating, and inspiring their friends, family members and colleagues. In this workshop, participants will learn strategies to impact others, such as how to exhibit positive thinking, avoid negative talk, and identify when it is best to give feedback. Click here to register.

Learn How to De-Stress with Music
Thursday, June 15 | 11am-12pm | Allied Health Building, Multipurpose Room

At the Saint Louis University Cancer Center, music therapy is utilized to decrease anxiety, stress, and physical pain while increasing social support and quality of life. During this session, you will learn how stress affects the body, the benefits of actively engaging in stress management, and simple music therapy techniques that you can use at home and at work to minimize stress and alleviate anxiety in your everyday life. Click here to register.

HUMAN RESOURCES

We serve the University community by delivering fair and competitive policies and programs, lead talent management solutions, and unite mission, strategy and people through collaborative partnerships.

Mission—Attitude—Guidance—Ingenuity—Service