

Spring 2023
UH Staff Council
Diversity, Equity and Inclusion Committee
Workplace Conversations



Women in Leadership: A Conversation on Health & Wellness



Rheeda L. Walker, Ph.D.
Professor



Erika Henderson Ed.D.
Associate Provost



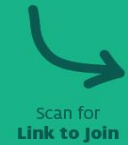
Laura Ortman
Chief Executive Officer



Angela Cox
Regional Sales Manager

Join us as we journey through the stories of Women in Leadership as they discuss self-care, resilience, and stress in the workplace.

March 22 @ 12-1 PM (1 hour, virtual) **Link to join bit.ly/3T2lx1l**



Scan for
Link to join



Welcome to UH Staff Council DEI Committee Workplace Conversations

HERStory Series

March 22nd 2023

Welcome UH Staff Council Leadership



STAFF COUNCIL 2022-2023 LEADERSHIP



David Frankfort, President



DaNesha Allen, Immediate Past President



Whitney Johnson, President -Elect



Seth Evans, Secretary



Elsie Myers, Treasurer



Allyson McDonald, Parliamentarian



Karl Hearne, Historian

UH Staff Council

Diversity, Equity & Inclusion Committee

The Diversity, Equity & Inclusion Committee (DEI) is responsible for recommending and promoting diverse, equitable, and inclusive initiatives in alignment with University of Houston's values to enrich the University's culture and enhance the staff experience.

Objectives:

- To disseminate information to the Council and staff concerning diversity programs/activities and seek support from the Council to promote and encourage staff participation.
- To actively solicit, promote, and interact with diverse groups on campus and in the community in support of their goals as well as jointly sponsored events/programs.
- To request annual updates from the University on the progress made increasing diversity and inclusion of staff on campus and report out to Staff Council annually.
- To work with the University of Houston to help build and promote an inclusive work culture that encourages, supports, and celebrate the diversity of experiences, cultural backgrounds, and ideas among our staff.



Callista Brown M.S.
DEI Committee Co-Chair
Program Manager
Department of Mathematics



Debbie Samuels, M.Sc., PMP
DEI Committee Co-Chair
Director, UHS Information
Security, Enterprise IT Security
Projects



Any'A Creeks
Asst. Manager
Honors College



Rashda Khan
Assistant Director of Media
Relations
Marketing and
Communications



Erica Mahan
Associate Director, Office of
Global Engagement and
Special Programs Honors
College Staff



Trina Silva
Director, Advancement
College of Liberal Arts and
Social Sciences
University Advancement



Monique Wiltz, M.Ed.
Director, Student Success
College of Technology

Thanks to the committee for your efforts in planning the annual Workplace Conversations | HERStory event today!

Welcome
Workplace Conversations Event
HERStory Panelists!

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HERStory Series

March 22nd 2023



Meet Today's Workplace Conversations
HERStory Panelist

Laura Ortman

Chief Executive Officer Cologix



Meet Today's Workplace Conversations
HERStory Panelist

Angela Cox

Director, Federal & Mission
Systems Sales, Matrox



Meet Today's Workplace Conversations HERStory Panelist

Dr. Erika Henderson

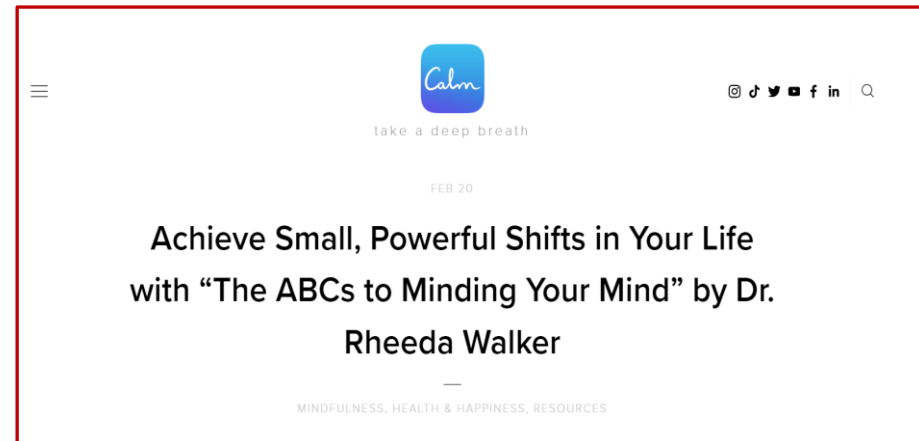
Associate Provost /Faculty
Recruitment, Retention,
Equity, and Diversity
University of Houston



Meet Today's Workplace Conversations HERStory Panelist

Dr. Rheeda Walker

Author, Award-winning
Professor & Clinical Psychologist
University of Houston



University Available Resources for Faculty and Staff

POWER UP

An Employee Wellness Initiative

Human Resources

Physical Health Resources:

- [Campus Recreation & Wellness Center](#)
- [Outdoor Track and Functional Fitness Course](#)
- [Cougar Walking Paths](#)
- [The Houston Hess Corporate 5k](#)
- [#WALK30 Initiative](#)
- [**Fitness Release Time and Wellness Leave**](#)



Human Resources

Physical Health Resources:

- [Onsite Mammograms](#)
- [Onsite Flu/COVID/Shingles Shots](#)
- [Campus Pharmacy](#)
- [Campus Smiles](#)
- [University Eye Institute](#)
- [UH Health Family Care Center](#)



Human Resources

Intellectual Health Resources:

- [MD Anderson Library Resources](#)
- [Human Resources Catalyst Training and Linkedin Courses](#)
- [Staff Tuition Scholarship Program](#)
- [Children's Learning Center Work Force Solutions Tuition assistance](#)



Human Resources

Social Health Resources:

- Annual [Faculty Senate/Staff Council](#) Tailgate and Football Game
- Social and volunteer opportunities via [Staff Council](#), [Black Leadership Network](#) and many other campus organizations
- [Toastmasters](#) and other groups
- HR Wellness and Benefits Fair ([HR Benefits](#))
- HR President's Staff Excellence Awards ([HR Benefits](#))



Human Resources

Emotional/Mental Health Resources:

- [CAPS: Let's Talk Program](#)
- [Office of Ombud Services](#)
- [UH Wellness: Mindful Meditation](#)
- [UH Health Family Care Center Behavioral Health](#)
- [Employee Assistance Program \(EAP\)](#)
- [BCBSTX HealthSelect Mental Health Resources](#)



Spiritual Health Resources:

- [A.D. Bruce Religion Center](#)
 - Meditation
 - Yoga and more
- [UH Wellness Mindful Meditation](#)



POWER UP

An Employee Wellness Initiative

Visit: www.uh.edu/POWERUP

Contact: POWERUP@uh.edu

Upcoming Staff Council Events

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HERStory Series

March 22nd 2023



Staff Council Mixer

Meet and network with fellow staff during Staff Council's Spring staff mixer at Pour Behavior on Friday March 24, 2023 from 4:30p – 7:00p.

There is complimentary valet parking until 7:00pm. Pour Behavior is located at 2211 Travis St, Houston, TX 77002. Participants are responsible for their own food and beverages.

Check out the menu and specials here:





32nd Annual Spring Egg Hunt

Saturday, April 1, 2023

9:30am – 11:30am

University of Houston

Lynn Eusan Park



6th Annual Take Your Child To Work Day

Friday, June 16th



Staff Council Awards Banquet

Wednesday, July 19th



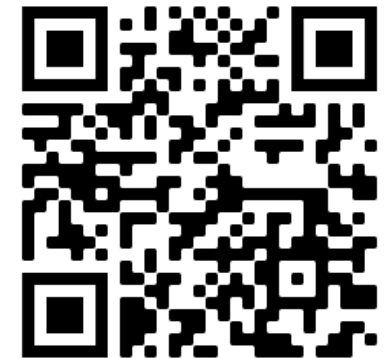


All Paws In!

Give to Staff Council
today.

UH Staff Council Initiatives you can choose to support:

- Cougar First Impressions
- Staff Development
- Student Success
- Community Outreach



www.uh.edu/sc/giving

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UH Staff Council
UNIVERSITY OF HOUSTON

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HERStory Series

Thanks again to our amazing panelists!

March 22nd 2023



On behalf of UH Staff Council,
Thank you!



staffcouncil@uh.edu
www.uh.edu/sc

Follow us!



@UHStaffCouncil