




Human Resources Forum

AGENDA

Wednesday, December 2, 2020

Event webpage: <https://hr.mcmaster.ca/events/fall-hr-forum/>

Time	Length	Topic/Activity	Speaker(s)	Location
9:00 a.m.	50 min	<p>Shared Connections Bring your coffee and join us for an informal networking session that will enable you to connect with HR colleagues on a variety of “hot topics”.</p> <p>Visit the various hot topic channels in our Shared Connections Microsoft Team. Click “JOIN” meeting to participate in live discussion with colleagues. Move freely through the various channels during this time to connect with colleagues and subject matter experts.</p> <p>Hot Topic Channels:</p> <ul style="list-style-type: none"> • Collaboration and Engagement • COVID Reporting and Communications • Holiday Planning • HR Review Implementation • Learning & Development • Onboarding • Self-Care and Well-Being 	Various	<p>Microsoft Teams</p> <p>Join the “Shared Connections” MS Team by using code: hnlo54e</p> <p>Instructions to join:</p> <p>Click Teams  on the left side of the MS Teams app, then click Join or create a team at the top right of your teams list.</p> <p>Go to Join a team with a code (the second tile), paste the code in the Enter code box, and click Join.</p>

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9:50 a.m.	10 min	Transition time	<i>personal time</i>	Zoom Meeting Refer to registration confirmation email for meeting link
10:00 a.m.	45 min	Welcome and Strategic HR Updates	Wanda McKenna and Roger Couldrey	
10:45 a.m.	5 min	Wellness Activity	Lee-Anne Wilson	
10:50 a.m.	10 min	Break	<i>personal time</i>	
11:00 a.m.	45 min	Exploring the Future of Work Interactive session to explore trends for the future of our workforce and workplace and key considerations for planning.	Franca Berti-Bogojevic and Patty Johns	
11:45 a.m.	5 min	Staying Connected Learn about all the ways you can stay connected on all things HR.	Katrina Spotts and Tara Chapman	
11:50 a.m.	70 min	LUNCH BREAK	<i>personal time</i>	
1:00 p.m.	5 min	Celebration Time! “Why do you love working at McMaster”	Christine Costa and Tara Chapman	
1:05 p.m.	45 min	Managing Your Mental Health and Developing Mental Vitality – Keynote Speaker COVID-19 has disrupted our lives and thrown us into a whirlwind of continuous change - change like we have never experienced! Moving forward daily places huge demands on our well-being. We can no longer take a passive approach to our mental health. In this session, we will explore how these demands significantly increase our stress levels and affect our well-being. You will learn powerful techniques to increase your self-awareness and	Glen Matadeen, President, WorkLife Happiness Inc	

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		improve your self-care, such as personal upgrading, emotional intelligence, and the "I AM WISZER" approach. We will also discuss signs which suggest that others may be facing a mental health challenge.		
1:50 p.m.	10 min	Break	<i>personal time</i>	
2:00 p.m.	45 min	UniForum Updates Exploring the university sector and our connection worldwide.	Dr. David Farrar and Roger Couldrey	
2:45 p.m.	10 min	Closing Remarks (Includes your chance to win prizes!)	Wanda McKenna and HR Forum Planning Committee members	

For any questions or to discuss any accommodation requirements, contact Christine Costa, Organizational Development and Design Consultant, at costac5@mcmaster.ca.