

Classified Professionals: The Heartbeat of De Anza!

**2011 Classified Professionals Retreat
Friday, May 6, 2011**

Agenda:

- 8:00 – 8:30 Registration**
Conference Rooms A & B
- 8:30 – 10:00 Opening Session**
Welcome and Acknowledgements
Honoring Participation with our Hearts
Creating a Community Rhythm
Raffle
- 10:15-11:45 Workshop Session 1**
1A Mindfulness Meditation
1B Dance Fusion
1C Neighborhood Walk
1D Understanding the Dynamics of Power and Responsibility
1E Chair Massage- *pre-registration required*
- 12:00—1:00 Lunch and Raffle**
- 1:15 – 2:15 Workshop Session 2**
2A Drum Circle
2B Strategies for Stress Relief
2C Laughter Yoga
2D Really?! Could Wisconsin Happen Here?
2E Chair Massage - *pre-registration required*
- 2:30 – 3:30 Workshop Session 2**
3A Drum Circle
3B Tai Chi
3C Laughter Yoga
3D Desk-ercise
3E Chair Massage - *pre-registration required*
- 3:45 – 4:30 Closing, evaluations, prize drawing, Conference A & B**

Session #1 10:15—11:45

Dance Fusion (Conference Room A)

By mid-morning, we all need a little energy boost. Forget the caffeine; get up and move! Dance Fusion is a fun workout that combines dance, exercise and great music. Cecilia Glower, a Certified Aerobics Instructor, teaches flamenco, belly dance and Dance Fusion classes at several locations in the Bay Area. See Cecilia's webpage at <http://www.ceciliadance.net/>.

Mindfulness Meditation (Don Bautista)

Jan Landry, co-director of Awareness and Relaxation Training Inc., will present a short introduction to mindfulness meditation as an approach to managing stress, deepening concentration and to increasing a sense of satisfaction at work and in life. The practice of mindfulness meditation enables people to cultivate the awareness of their body and mind in the midst of day-to-day activities. This session will include an opportunity to engage in the practice of mindfulness, in order to provide the participant with a brief experience of the practice. <http://www.mindfulnessprograms.com/mindful-living-program.html>

Understanding the Dynamics of Power and Responsibility (MCC)

Facilitated by Edmundo Norte, Dean, IIS Division. In this interactive workshop the participants will be introduced to a framework that describes the roles and responsibilities of the different positions of power we hold in different situations. Recognizing and acting effectively within these roles can help us create mutually beneficial and interdependent relationships.

Neighborhood Walks (Flagpole in front of Admin Bldg)

Do you want to walk during your lunch hour but find the track boring? Learn a couple of walking routes through the neighborhood. Marilyn Booye will lead an approximate 2.5 mile walk and Veronica Aparicio will lead an approximate 1.5 mile one. Meet at the flagpole. Both the walks start off in the same direction. Pedometers will be provided to those who do not have one and wish to keep track of your steps.

Chair Massage – PRE-REGISTRATION REQUIRED (room TBD)

De Anza College's very own Massage Therapy students will provide 20-minute chair massages throughout the day. Six massage chairs will be available, which means that 12-18 people may be able to get a massage during each session. Please note that you are welcome to join another session before or after your massage appointment.

Session #2 1:15—2:15

Workday Strategies for Stress Relief (Don Bautista)

The way you respond to stress plays a big role in how stressed you feel. Physical Education instructor Jeff Forman will provide easy, practical ways to reduce the negative effects of stress. Jeff teaches a class called Physical Stress Management (PE 53) and is coordinator of the Massage Therapy Program.

Drum Circle, (Fireside Room)

Jim Greiner works with corporate, community and private groups worldwide, and is renowned for developing powerfully uplifting rhythm-based activities that quickly engage and reinforce community bonds and a spirit of community participation through the universal, time-tested experience of group drumming. This age-old activity is fun, easy for everyone, regardless of musical experience, to literally synchronize their individual rhythms and personalities with those of other people, to create powerfully productive community rhythms.

<http://www.handsondrum.com/>

Laughter Yoga (L84)

Monnet Zubieta will lead a session of Laughter Yoga; a unique form of exercise developed in 1995 by a medical doctor in India named Dr. Madan Kataria. He concluded through his research that laughter really is the best medicine. Laughter sessions usually begin with stretching and breathing, because this is a form of exercise so it is important to warm up the body, followed by laughter exercises that simulate and stimulate laughter. <http://www.morejoy.org/Site/Home.html>

Really?! Could Wisconsin Happen Here? (L81)

Being informed and engaged is one way to manage stressful situations that are presently affecting our workplace. Rich Hansen (FA, Math Instructor) will give a brief talk about the nationwide attack on public employees and address what public sector unions are doing to respond here in California.

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Session #3 2:30—3:30

Tai Chi (Conference Room A)

Physical Education instructor Coleen Lee-Wheat, will guide us through an introduction to Tai Chi, an ancient form of self-defense that has evolved into a graceful form of exercise that is now used for stress reduction and to help with a variety of other health conditions. The Physical Education Division offers classes in Tai Chi (PE 2Q) every quarter.

Desk-ercise (L81)

Not sure when to get in a little bit of a workout? Didn't know that exercise, like spare change adds up? Come learn how to exercise at your desk when at work. C.J. Jones will lead a simple class on how to fit exercise into your daily life while being stuck behind your desk. Join us for some fun and you will learn simple things you can do to fit exercise into your already busy schedule.

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Retreat Goals

Engage and Honor: Encourage and honor participation of Classified Professionals in De Anza College work with students, governance, self-development and civic engagement.

Inform and Empower: Offer opportunities to create personal strategies and techniques for dealing with stress and adversity through challenging times. A selection of workshops will be offered addressing stress reduction through self-care and self-empowerment by information.

Fun and Collegiality: Of course! The day will be motivating with attention to creating community amongst Classified Professionals. Staff will spend productive time away from the office to refresh and recharge with colleagues in a fun, relaxed and supportive environment.