

February 3, 2025

Award of Distinction

CALL FOR NOMINATIONS

The Award of Distinction Program is the highest award for university staff which annually recognizes approximately 10-15 university employees who have made outstanding contributions to the Emory community. The nomination period for this award is currently open and nominations can be made by any faculty or staff member.

The deadline to submit nominations is **February 10, 2025, at 5:00 pm**.
[Learn more about the Award of Distinction.](#)



Healthy Emory Connect: Nutrition Campaign

Embrace the power of food to heal and energize through Emory's Nutrition campaign! Join the Nutrition campaign to earn a **\$100 Emory Medical Plan Well-being Incentive** or reward when you complete all 5 Nutrition activities from February 1 – March 31, 2025. [Learn more on how to participate.](#)

Sign in to your Sharecare app or healthymemory.sharecare.com. Select *Achieve > Nourish & Reflect > Join Challenge*. Track your balanced meals using the diet tracker for at least 21 days from March 1 – 31, 2025.



Employee Resource Groups Information Session

Join this virtual information session on **Wednesday, February 5 from noon - 12:45 pm** to learn about Emory University's six Employee Resource Groups (ERGs), including how to get involved. Leaders from the ERGs will provide a brief overview of each of Emory's six groups:

Emory Asian Pacific Islander Desi Employee Network (eAPDEN)
 Emory Black Employee Network (EBEN)
 Emory Latinx Employee Resource Network (eLERN)
 Emory Pride Employee Network (EPEN)
 Emory Veterans Employee Network (EVEN)
 Employees with Disabilities at Emory Network (EDEN)

Emory University's employee resource groups are **open to all employees**. [Register](#) for the information session and [learn more](#) about ERGs at Emory.



Preparing for Mid-Year Performance Review

Mid-Year Review Forms will be available in Bullseye beginning Feb. 5, 2025.

Instead of waiting an entire year to document successes, goals, and areas of development, all supervisors of staff members are encouraged to conduct a mid-year review. This offers an opportunity for a formal conversation to document:

- Recognition of accomplishments so far
- Updating or setting performance goals
- Constructive feedback to work more effectively
- Potential roadblocks that might hinder optimal performance
- Exchanging ideas between the staff member and manager
- Communicating about job satisfaction and professional goals

Resources

- Step-by-Step user guides and instructional videos for both managers and non-managers can be found [here](#) (log-in required).
- **Mid-Year Review process in Bullseye Manager virtual training:** February 19, 10:00 am. [Register.](#)
- **Mid-Year Review process in Bullseye Non-Manager virtual training:** February 26, 10:00 am. [Register.](#)



Staff Fest: We Want Your Opinion!

As we begin planning for Staff Fest 2025, we would like you to help us pick a theme! Please take a few minutes to fill out our [short survey](#) and share your feedback by Monday, February 10.

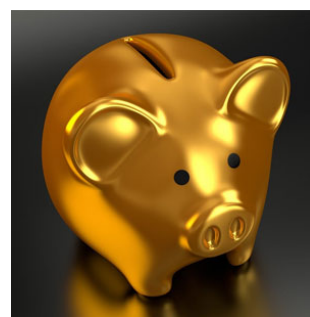


Diversity and Inclusion General Enrollment Courses

The Diversity and Inclusion Education and Outreach (DIEO) team is offering three bonus general enrollment courses in quarter one:

1. **Practicing Allyship Series: Navigating a Multigenerational Workplace**, Wednesday, March 5, 10:00 - 11:30 am
2. **Practicing Allyship Series: Introduction to Neurodiversity**, Thursday, March 6, 10:00 - 11:30 am
3. **Addressing Microaggressions**, Tuesday, March 18, 2:00 - 3:30 pm

To register, log into Brainier and search for the course title. [Learn more about each course.](#)



Financial Well-being: Truist Momentum

Join the Truist Momentum Financial Confidence Series, where you will learn to align your money with your values and financial goals. Whether you're focused on budgeting, saving more, boosting your credit score, preparing to buy a home, or planning for retirement, there's something for everyone. [Learn more.](#)

February Series Dates:

February 6, noon – 1:00 pm
 February 13, noon – 1:00 pm
 February 20, noon – 1:00 pm
 February 27, noon – 1:00 pm

[Register.](#)



FSAP's February Workshops and Webinars

This month, FSAP continues to help you Thrive in 2025! Our February theme is **Building Bonds for Better Wellbeing**. Healthy Relationships have the potential to support our resilience. Check out this month's offerings that help to support better relationships:

Building Healthy Relationships: Strategies to enhance personal and professional well-being

Feb. 11, noon - 1:00 pm

Explore key elements of healthy relationships and their impact on well-being. Gain insights and strategies to strengthen or build meaningful personal and professional connections. [Register.](#)

Building Healthy Relationships: Fostering self-compassion and self-love

Feb. 27, noon - 1:00 pm

Cultivate self-compassion and love through simple, impactful practices. Learn strategies to nurture a healthier relationship with yourself every day. [Register.](#)

Midweek Mindfulness Meditation

Wednesdays, noon - 1:00 pm

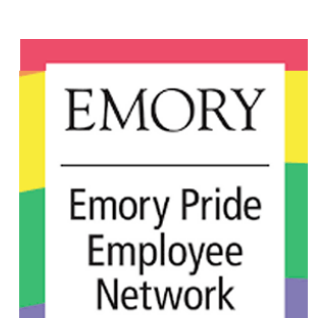
Join **every Wednesday** to learn strategies for staying centered and reducing stress levels. [Join](#) and [learn more.](#)



Programs Involving Minors - Remember to Register!

Do you oversee a program or activity that involves minors? Emory University is committed to maintaining a supportive and safe educational environment and enhancing the well-being of all members of its community. Emory programs or activities involving minors require registration and approval. These requirements apply to programs that are developed or administered by Emory or take place on Emory's campus. This includes programs like athletic camps, academic camps, research activities, and more. If you oversee a program(s) involving minors, don't forget to [register](#).

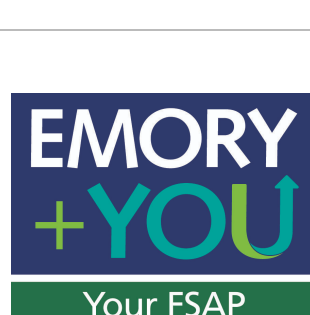
For more information, visit the [Office of Ethics and Compliance Website](#). For research involving minors, contact researchcompliance@emory.edu. If you have questions, email compliance@emory.edu.



Emory Pride Employee Network General Membership Meeting

Join the **Emory Pride Employee Network (EPEN)** for a General Membership Meeting on **Thursday, February 13, noon - 1:30 pm**. The meeting will be held on Zoom and is open to all university employees. [Register.](#)

The meeting will feature a keynote from Scott Turner Schofield O2C titled "**We've Been Here Before — So We Know the Way Through**". Scott Turner Schofield O2C (he/him) has spent over 20 years helping people tell better transgender stories in education, business, and entertainment. His contributions have resulted in the inclusive evolution of non-discrimination policies; trans-inclusive health insurance; and Hollywood storylines, from *The Bold and the Beautiful* to *Euphoria*.

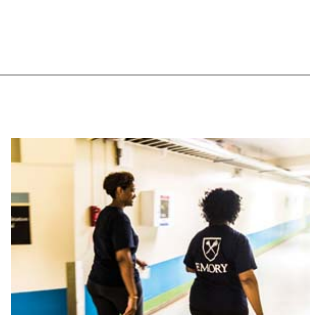


FSAP Holiday Refresh From Stress Winners

FSAP would like to thank all Faculty and Staff who participated in the 2024 Holiday Refresh From Stress Inspiration. We hope you were able to engage in weekly tips, quick activities, and stress-relief activities which were designed to help you stay calm, connected, and energized through the busy holiday season.

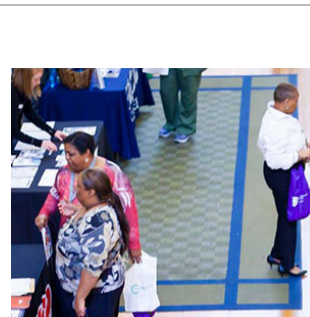
Week 1 Winner: **Daria Ustinova**
 Week 2 Winner: **Christine Spainhour**
 Week 3 Winner: **Katrice Robinson**
 Week 4 Winner: **Katrina Piper**
 Grand Prize Winner: **Jonathan Hamilton**

*FSAP will send an email to our winners with instructions to receive prizes.



Volunteer as a Walking Group Leader!

Get ready to move! This **April and May**, the Health and Well-being team, in collaboration with our Well-being Champion network, is bringing walking groups to your worksite. Volunteer as a walking group leader and help create a community of belonging while enjoying some great perks! As a leader, you'll have the opportunity to foster a sense of connection at your worksite, boost your activity levels, earn chances to win weekly prizes, and receive a Healthy Emory T-shirt. Contact healthymemory@emory.edu by **March 1** with your availability and worksite details.



February Health and Well-being Expos

Attending a Well-being Expo is a great way to discover new resources, connect with subject matter experts, and find inspiration to focus on their health. At these events, Emory employees can focus on setting personal well-being goals, interact with well-being vendors, receive preventative screenings, and have chances to win giveaways and raffle prizes.

- **Campus Services Day Shift**, February 12, 1:00 - 4:00 pm, 100 Water Tower Place, Training Room B
- **Campus Services Night Shift**, February 12, 10:00 pm - 12:00 am, 100 Water Tower Place, Training Room B
- **Emory University Hospital**, February 19, 7:00 am - 3:00 pm, Asbury Cafe, 1365 E Clifton Rd

Webinars, Workshops, and Training

Feb 6 Financial Confidence Weekly Series

12:00 - 1:00 pm | Virtual

Emory University is introducing the Truist Momentum New Financial Confidence Series this year. This six-week, instructor-led program is designed to benefit individuals at any stage of their financial journey. It will guide you in aligning your money with your values and your financial goals. Weekly sessions run weekly from February 6 to March 13 from 12:00 - 1:00 pm. [Register.](#)

Feb 7 Summer Courtesy Opportunities for Emory Dependents

12:00 - 1:00 pm | Virtual

Join the Emory College Office for Undergraduate Education as we discuss summer opportunities for dependents of Emory University faculty and staff. Emory College offers several exciting opportunities for students to earn academic credit during the summer- on-campus, online, and abroad. Emory faculty and staff may use their courtesy tuition benefits for their high-school and undergraduate dependents to enroll in these programs as visiting students at Emory. [Register.](#)

Feb 11 Take the Stress out of Parenting

12:00 - 1:00 pm | Virtual

Parents feel less stressed when their children cooperate, and their work are more cooperative when they feel positively connected with their parents. This interactive workshop will help you identify common myths and misunderstandings, explore strategies to strengthen the parent-child connection, and learn evidence-based discipline approaches to foster cooperation and reduce conflict. [Register.](#)

Feb 11 Strategies to Enhance Personal and Professional Well-being

12:00 - 1:00 pm | Virtual

This webinar will explore essential components of healthy relationships and their profound impact on our overall well-being. Whether you seek to strengthen or build new relationships, this webinar will provide insights and practical strategies for cultivating and maintaining positive connections with friends, family, and colleagues. [Register.](#)

Feb 27 Fostering Self-Compassion and Self-Love

12:00 pm | Virtual

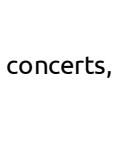
Learn how to promote a positive and healthy relationship with yourself through simple but profound acts of compassion and love. Learn practical strategies for integrating these practices into your daily routine. [Register.](#)

News from Around Campus

- February is **Black History Month**. Stay tuned for a list of upcoming events being hosted by Emory— details will be available soon from the Emory News Center.

- **The Science on Spiritual Health Symposium (SOS)** is an annual gathering of international leaders at the forefront of spiritual health research, practice, & innovation. It is a celebration of new scientific & clinical findings in spiritual health & psychedelic medicine that are poised to transform the medical system's approach to treating mental & physical ailments. This is two-day event: **April 2, 5:00 - 9:30 pm & April 3, 9:30 am - 5:00 pm, 2025**. In-person attendees will enjoy a catered Soiree after the first evening of talks and lunch on the second day. [Register.](#)

- Celebrate **2025 Charter Week** with athletic events, lectures, concerts, and much more. **February 3 - 9**. [Learn more](#) about upcoming events.



EMORY

EMORY UNIVERSITY HUMAN RESOURCES

ADDITIONAL LINKS AND RESOURCES

[Human Resources Website](#)
[Faculty Staff Assistance Program](#)
[Benefits and Worklife Department](#)
[Healthy Emory](#)
[Employee Discounts](#)
[Blomeyer Health Fitness Center](#)
[Emory News Center](#)

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