

Personal & Professional Wellness Track

StrengthsFinder Workshop – How to Discover and Utilize Your Strengths by Ascent Funding

Presenter: Jeff Recker, Director of Campus Relationships, Ascent Funding

Description: Ascent's StrengthsFinder Workshop will give the attendees a chance to learn the importance of CliftonStrengths and how they can discover and leverage their strengths more. At a high level, attendees will discover:

- Why StrengthsFinder is important
- How to discover your strengths
- Ways you can leverage your strengths in the workplace and everyday life to enhance your
- Impact

Lean into Your Strengths- what the SuperStrong Assessment Can Tell You About Your Career

Presenters: Jenn Satalino, Director, ECMC, The College Place Oregon
Greg Kerr, School Relations Director, ECMC

Description: What do you do well? How do you approach your job and your life? How can you make the "frogs" in your job more enjoyable? Join us to figure out how to lean into your strengths and understand how to work with your weaknesses. We'll be looking at your Holland Code (RIASEC) results from the SuperStrong assessment. If you haven't completed a Holland Code-based assessment before, or if you've forgotten your results, please complete the 5-minute assessment at <https://vitanavis.com/Ecmctcp?promo=Ecmctcp-oregon> prior to the session to get the most out of it.

Functioning Effectively in a Hybrid World

Presenter: Rob Smith, AVP Growth & Development, ELM Resources

Description: Hybrid teams are the workforce of the future...and the here and now. Organizations, including higher education, will be combining remote and on-site workers to create effective teams to meet the needs of their evolving students. This session will lay the basis of the hybrid work model (which can take on many forms). We will also cover some real-world examples and best practices from your own offices.

Understanding Credit

Presenter: Raymond Yee, Director, Relationship Management, Sallie Mae

Description: Understanding how credit works and building a responsible credit history early on is essential to building a strong credit score. This session will review the five primary factors considered in your credit score and discuss best practices for building and managing credit. You'll learn more about FICO® Scores, credit cards, and credit reports.

Are You a Lifer? Financial Aid Career Panel

Presenter: Nick Dikas, Outreach Counselor, University of Oregon (facilitator)

Panel Participants: TBD

Panelists at a variety of stages in their financial aid career will share how they got to where they are, opportunities for challenge and advancement within and outside of financial aid, frustrations and joys of the professional, professional development opportunities, and more. This session will mostly consist of conversation between panelists and attendees, so bring your questions!