



Don't Miss These Great Training Opportunities!



Three-Part Seminar on STRATEGIES FOR A SUCCESSFUL RETIREMENT

Presented by Don Hannahs, CFP, Planning Solutions Group
1:00pm - 2:00pm ~ Location: Human Resources

Tuesday, Nov. 6: **Session I - Retirement**

Learn how to determine if you can afford to retire and not run out of money. Learn Social Security Benefit strategies that maximize your total household benefits. Find out why you cannot rely on an "on-line" retirement calculator for retirement cash.

Thursday, Nov. 8: **Session II - Investments**

Identify the "All-Star" Investment Choices offered by TIAA-CREF and Fidelity. Learn the 7 strategies to prevent portfolio declines as you approach retirement.

Friday, Nov. 16: **Session III - Qualified Plan/Estate**

Learn how to minimize the Double Taxation on large retirement plans and how to delay income taxation of your retirement plan over 2 generations. Find out why your will or trust will not distribute the majority of your assets at your death, regardless of how sophisticated the document is.

Wed, Nov. 7: **Understanding Classified Leave** 2:30pm - 3:30pm

Presenter: Brittney Shivers, HR Leave Coordinator ~ Location: Human Resources
This training will discuss the different forms of leave including sick, disability, recognition, annual, overtime and various other types of leave. All questions welcomed!

Thursday, Nov. 8: **Understanding Workers Compensation** 9:00am - 10:00am

Presenter: Stacey Foshee, HR Benefits Specialist ~ Location: Human Resources
Workplace accidents happen. What is the process when someone is injured on the job? Come to this seminar and learn how Worker's Compensation works. Learn about the Return to Work Program developed by CNU using Commonwealth of Virginia's guidelines.

Wed., Nov. 14: **Understanding Administrative Professional Leave** 2:30pm - 3:30pm

Presenter: Brittney Shivers, HR Leave Coordinator ~ Location: Human Resources
This training will discuss the different forms of leave including sick, disability, recognition, annual and various other types of leave. All questions welcomed!



Very important—Performance evaluations are due in Human Resources (HR) today. HR has to have them keyed into the State's personnel system so that all eligible employees receive their bonus on the November 30, 2012, pay date.