Employee Training and Development Series

The Office of Human Resources would like to inform you of the training opportunities available for next week. All trainings will be held in The Office of Human Resources, located in the BTC/SunTrust Building.

Registration for trainings is easy!

Call HR at 594-7145, or e-mail hr@cnu.edu

TRAINING SEMINAR SCHEDULE
For June 6th through June 10th

- **Tuesday, June 7:** ***Pay Yourself First - Presented by SunTrust Bank** 12:05pm - 12:55pm
  Are you smart with your money? This program addresses the various ways to save money toward your goals. Making your financial dreams a reality is not always easy and sometimes it may feel like everything you earn goes anywhere but where you want it to. Come and listen to the theory that you should 'pay yourself first' and find out how you can become successful in your money management. This is a Lunch n' Learn seminar. Bring a bag lunch to eat while you learn. Bottled water and a healthy snack will be provided.

Very Important Update Regarding the 5% Increase

We received additional information from Department of Human Resource Management (DHRM) outlining eligibility for the 5% increase for Virginia Retirement System (VRS) participants hired before July 1, 2010, or previous employees of the Commonwealth who had a balance in their VRS or Optional Retirement System account and are now VRS participants. Please review the frequently asked questions located on our HR CNU Community page.

Did you see the Governor's email?

Governor McDonnell sent an e-mail to all state employees on May 31 asking for ideas for improving state government efficiency and effectiveness. The award for the best suggestion during the "30-Day Sprint" is a $2500 cash prize.

The Department of Human Resource Management are adding to the list of Frequently Asked Questions to their website as inquiries are received. For information on the "30-Day Sprint" program and to submit an idea, employees may visit

http://www.dhrm.virginia.gov/documents/thirtydaysprint.html.

CHRISTOPHER NEWPORT UNIVERSITY