



We Want to be 'CNU' in the News!

Do you have news about yourself or a colleague that you would like to share with the CNU community? What better way to share your news than through The Spinnaker Newsletter. We invite all employees to contribute noteworthy news items for possibly inclusion in our weekly newsletter. Please send any news to hr@cnu.edu.



Did you know? - The Commonwealth of Virginia offers Weight Watchers at a special pricing to state employees, spouses and adult dependents. Visit <http://www.dhrm.state.va.us/weightwatchers.html> for more information on the program options, special offerings and how to join. Employees eligible for the health benefits program may also be reimbursed for half the cost of services, once they have completed program requirements.



OPPORTUNITY KNOCKS IN 2012!

The Office of Human Resources is proud and excited to present a brand new training series on Leadership beginning in January of 2012. This series will explore various leadership topics geared to boost self confidence, improve attitude and help in achieving personal, as well as departmental goals. To register for any of the seminars below, please email hr@cnu.edu or call our office at 594-7145.

LEADERSHIP READINESS:

Presented by Dean Robert Colvin
Thursday, January 5
2:00pm - 3:00pm

MOTIVATE YOURSELF!:

Presented by Dean Steven Breese
Thursday, February 2
9:00am - 10:30am

STRATEGIC PLANNING - EFFECTIVE SWOT ANALYSIS:

Presented by Dean Dave Doughty
Tuesday, March 20
2:00pm - 3:00pm

FOUNDATIONS FOR SUCCESS - TAKING OWNERSHIP AND RESPONSIBILITY:

Presented by Dr. Bill Ritchey
Wednesday, April 4
2:30pm - 3:30pm

GOAL SETTING AND PROFESSIONAL DEVELOPMENT:

Presented by Ada Badgley
Thursday, May 3
2:00pm - 3:30pm

Location for all leadership seminars will be in the Office of Human Resources' training room.



It is with heavy heart that we join our CNU family in extending our thoughts, prayers, and love to the families of Sierra Smith and Kimberley Brin. We pray for the full recovery of Emari Wade and send our love and best wishes to her and her family as well.