

August 15th, 2024

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Meeting notes:

- **Axe of Service Platform:** Erin Kruse, Director of the Center for Service and Volunteerism. Visit axeofservice.nau.edu to find volunteer opportunities.
 - **Volunteerism Impact:** Staff have self-reported they volunteered over 10,000 hours last year, demonstrating a strong commitment to community engagement among the staff. The statistics on volunteer hours served as a testament to the staff's commitment to community service, aligning with NAU's mission of community engagement and reflecting positively on the university's culture.
 - **Platform Features:** Erin detailed the features of the platform, including its inclusivity, direct connection to campus, and the ability to track volunteer hours, aiming to foster a greater sense of community and engagement.
- **Emotional Intelligence:** Laura Umphrey, Director of the [University Ombuds Program](#). Visit their website for more information or to contact them for an appointment.
 - **Emotional Intelligence:** Laura emphasized the significance of emotional intelligence in the workplace, focusing on the ability to identify and regulate one's own emotions as well as recognize and empathize with others' emotions.
 - **Workplace Health:** She stressed that emotional intelligence contributes to a healthier work environment by facilitating better communication, understanding, and conflict resolution among colleagues.
 - **Emotion Regulation:** She highlighted strategies for regulating emotions, such as mindfulness and self-awareness, which can lead to more effective interactions and reduced stress in the workplace.
- **Live Well NAU Initiative:** Melissa Griffin, Director of Health Services. Learn more at [Live Well NAU](#).
 - **Wellness Promotion:** Melissa presented the Live Well NAU initiative, which promotes comprehensive wellness by focusing on eight dimensions, ensuring a holistic approach to well-being for staff and students.
 - **Resource Provision:** The initiative provides a wealth of resources, including a self-assessment tool and a fillable worksheet, to support individuals in setting and achieving personal wellness goals.
 - **Wellness Dimensions:** Melissa elaborated on the eight dimensions of wellness, encouraging individuals to explore and improve upon each area to achieve a balanced and fulfilling lifestyle.
- **Campus Living Initiatives:** Bekka Alvarado, Assistant Director in [Campus Living](#)

- **Move-In Week:** Bekka outlined the plans for the upcoming student move-in week, emphasizing the introduction of greeting stations designed to warmly welcome new students and families to campus.
 - **Relentless Welcome:** The greeting stations are part of a broader initiative to provide a relentless welcome, ensuring that new members of the NAU community feel supported and valued from their very first day.
- **Seven Generations Indigenous Knowledge:** Colin Ben, Assistant Director in [Office of Native American and Indigenous Advancement](#)
 - **Indigenous Knowledge:** Colin Ben announced a presentation and workshop focused on Indigenous knowledges and values, aiming to educate and integrate these perspectives into NAU's academic and administrative practices.
 - **Workshop Goals:** The workshop seeks to enhance understanding of Indigenous knowledges and explore practical ways to incorporate these values into contemporary education and campus life.