FM’s Mentoring Program

The Mentoring Program’s mission is to provide support and serve as a resource while employees transition into or within the UVA FM. The program is committed to providing mentees the opportunity to learn from accomplished mentors to develop and grow skillfully and professionally within the organization.

To learn more about what the program is about or how to become a mentor or mentee, check out the links below:

- Mentor Application
- Mentee Application

OT Road Show

FM’s Occupational Training team is available to help meet your team’s custom training needs, including – but not limited to – topics such as professional development, teamwork, communication, and technology.

Tell me more!
- This is a “Road Show” so the OT team member(s) bring the session/workshop to your team’s space!
- The date and time is chosen by you!
- The length of the session or workshop is up to you!

To request additional details or schedule a visit from the OT Road Show

CLICK HERE

Learning to Handle Stress

October 24th, 12:00-1:00pm, Leake – Room 116

Offered by UVA’s Faculty & Employee Assistance Program (FEAP)

Learning to manage stress is an important life skill and our ability to do so improves with practice. This workshop will provide a brief overview of the stress response along with some new research findings. Various strategies to manage stress are discussed and practiced in class. Participants develop a personal plan to include a new stress management strategy and ways to facilitate practice at home and work are discussed.

To register CLICK HERE

For questions or to reserve a space to any Occupational Training sessions, please email fm-training@virginia.edu
As a University employee, your education and growth is a top priority.

All requests to participate in training during work hours should be discussed with your manager/supervisor.

www.fm.virginia.edu/employees/occupationaltraining

fm-training@virginia.edu

Aerial Lift
October 17th, 7:30am-12:30pm

Bloodborne Pathogens
October 3rd, 7:30-9:00am

Bloodborne Pathogens Refresher
October 8th, 1:00-2:00pm
October 15th, 1:30-2:30pm
October 22nd, 7:30-8:30am

Confined Space Entry
October 8th, 7:30am-12:00pm

Electrical Safety
October 23rd, 7:30am-12:30pm

Fall Protection Authorized Person
October 10th, 7:30am-12:00pm

First Aid/CPR/AED
October 2nd, 7:30am-2:30pm
October 8th, 7:30am-2:30pm
October 15th, 7:30am-2:30pm

Hearing Conservation
October 1st, 2:00-3:30pm
October 29th, 2:00-3:30pm

Lead in Construction
October 9th, 9:00am-12:00pm
October 10th, 9:00am-12:00pm

Lockout/Tagout
October 22nd, 10:00am-12:00pm

Respiratory Protection
New User
October 22nd, 2:00-3:30pm

OSHA 10 General Industry (2-day Class)
October 2nd 7:30am-3:30pm &
October 9th 7:30am-12:00pm

OSHA 30 Construction (4-day Class)
Oct 16th, Oct 30th, Nov 6th, &
Nov 13th, 7:30am-3:30pm

If you miss one day, you will not get credit for the entire training course.

Time Management
October 9th, 10:00am-12:00pm
2400 Old Ivy Rd, Room 189

Healthy Dialogue
October 16th, 8:00-10:30am
Education Resource Center, Room B

Giving & Receiving Feedback
October 8th, 2:00-4:30pm
2400 Old Ivy Rd, Room 189

Decision Making
October 30th, 8:30-11:00am
Education Resource Center, Room B

And more…

Diversity, Inclusion, & Respect Council Meeting
Monday, Oct. 21st, 2:00-3:00pm
Skipwith – room 010

Join us!

Diversity, Inclusion, & Respect

And more…

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DIR DIGEST

Be on the lookout for the next edition of the DIR Digest which includes Happenings on Grounds, Happenings Around Charlottesville, Holidays Around the Globe, D.I.R. Learning Corner, and the Feature of the Month!