

COPEC University Curriculum - April 1st, 2017

- One registration covers all classes - choose one to four
- When registering, please select one program for each hour
- See following pages for program descriptions

	Physical Wellness		Emotional Wellness
	Professional Wellness		Financial Wellness
	Social Wellness		

	Room 1	Room 2	Room 3	Room 4
9:00 – 10:00 a.m.	Public Relations 101 Michelle Garrett	Estate Planning Essentials Russ Golowin	Keeping Your Kids Safe Online Jessica Kapcar	Beyond Biometrics Katy Tombaugh
10:15 – 11:15 a.m.	5 Steps to Better Business Cybersecurity Jordan Abbruzzese	Understanding & Organizing Your Vital Documents Jerry Snyder & Russ Golowin	Find New Things to Love About Columbus Columbus Inspires	Coaching for Change Katy Tombaugh
11:30 – 12:30 p.m.	12 Point Career Bio Assessment Diane Wingerter	Social Security & Medicare Planning Jerry Snyder	Home is Where the Heart Is: Extraordinary Tips for Buying and/or Selling Your Home Sally Lindner & Theresa Gardner	Volunteerism: The Power of One Columbus Inspires
12:45 - 1:45 p.m.	Skin in the Game: Discerning When, How and Where to Invest in Your Job Search Jim McFarland	Preparing for Retirement: Retirement Planning 10 Years Out Jay Lindner	10 Critical Aspects of Financial Wellness: Financial Planning Basics Nate Quilter	Stress Management & Emotional Wellness in the Workplace Tammy White

9 a.m. - 10 a.m.

Public Relation 101 - What's PR all about, anyway? If you've ever wondered what's involved in public relations, you may be interested to learn that it can be a very cost-effective part of the marketing mix for any business. And, you CAN do it yourself, with a little knowledge and a few cost-effective (some are even free!) tools. Michelle Messenger Garrett of Garrett Public Relations will help you with tips and ideas on how to get your business noticed and draw more traffic and customers your way.

Estate Planning Essentials - Core Concepts - A fast-paced explanation of wills and probate, avoiding probate with revocable trusts, financial powers of attorney, living wills and more. This core program is recommended for all.

Keeping Your Kids Safe Online - The internet offers a world of opportunities. People of all ages share photos and videos, build online profiles and text each other. For children, especially, these ways of socializing and communicating can be fulfilling, and yet, they come with risks. This presentation covers what parents need to know to help protect their children and reduce the risks by talking to your kids about how they communicate - online and off - and encouraging them to engage in conduct they can be proud of.

Beyond Biometrics - Knowing your numbers via biometric screenings is just one important piece of the puzzle. Join us for a look at other essential elements of a comprehensive wellness program for improving the physical health and well-being of individuals and groups. Consistent efforts around movement, nutrition and stress mastery set the stage for success. Come learn how to approach physical wellness in such a way that increases engagement, motivation and results for all involved.

10:15 a.m. - 11:15 a.m.

5 Steps to Better Business Cybersecurity - Better Business Bureau's "5 Steps to Better Business Cybersecurity," is a program for businesses and civic groups in Central Ohio to help them protect themselves and their customers from cyber thieves. This program, presented by BBB professionals, will give you suggestions to begin implementing immediately and is part of BBB's commitment to marketplace trust.

Understanding and Organizing Your Vital Documents - This program will help individuals understand and organize their important papers and vital documents including Will, Trusts, Powers of Attorney, Health Care Directives, Insurance Contracts, Deeds, Mortgages, Brokerage Statements, etc. Discussion will include what these documents do and how they should be written.

Find New Things to Love About Columbus - Have some fun learning about our neighborhoods, many wonderful parks, highways and schools. Discover some of the top things to experience in central Ohio!

Coaching for Change - Whether your organization offers an employee wellness program or not, motivation matters. It impacts, both personally and professionally, how your employees feel, communicate and perform. Research shows that individuals are more successful when they have access to an experienced, professional, compassionate coach. Let's take a look at human motivation and learn why providing health and wellness coaching services to your workplace wellness program is so important.

11:30 a.m. - 12:30 p.m.

12 Point Career Bio Assessment - The career search can be overwhelming and discouraging. Position yourself apart from the rest who are striving for the same job. This session will provide the points you need to get YOU noticed!

Social Security & Medicare Planning - Have you ever wanted to know the best time to begin Social Security payments; how spousal benefits work; what is included in Medicare benefits or how to navigate the many available options; what does Medicaid cover & who is eligible or how an insurance policy works? This program will provide an overview and address frequently asked questions relating to Social Security, Medicare, Medicaid, and Long Term Care.

Home is Where the Heart is: Extraordinary Tips for Buying and/or Selling Your Home - Find out the *latest news* on buying or selling a home in Central Ohio. Listen to what professional realtors have to say. With all the buzz about the HGTV home shows, what's a homeowner or buyer to do? Which home is the best for me? What sells? and Who's your buyer? In this class, we will discuss many real & interesting topics such as: Preparing your home to get it in "tip top" shape to sell; How to get pre-approved for that first home purchase; Knowing your market; What do first-time homebuyer's look for in a home?; House hunting survival tips and more!

Your home is one of your best investments. Join us and you will leave with a wealth of knowledge needed to successfully purchase or sell a home.

Volunteerism: The Power of One - This course will discuss ways young professionals can get involved and find meaningful ways to give back to the community.

12:45 p.m. - 1:45 p.m.

Skin in the Game: Discerning When, How and Where to Invest in Your Job Search - Employers want to spend money to find talent as much as job seekers want to invest in their job search...which is as little as possible. But when traditional methods fail to produce the value necessary for both parties, how does the job seeker determine when, what for and how much to spend? This session will examine good, poor and effective options job seekers can consider when the time comes to invest their own money in their career or job search.

Preparing for Retirement: Planning for Retirement 10 Years Out - Will you have enough to retire comfortably? Most of us imagine retirement as a happy time, a reward for a lifetime of hard work, full of possibility and potential. We have good reason to see retirement in a positive light. Americans are living longer, healthier lives than ever before. In fact, for some of us, retirement will make up for a full third of our lives. Of course, this means that our retirement assets will have to do more for us over a longer period of time. This makes planning for our retirement essential.

10 Critical Aspects of Financial Wellness: Financial Planning Basics - Do you have a tailored financial plan in place? Everyone can benefit from a financial plan that is tailored to individual needs and circumstances. A financial roadmap can motivate you to save money, help you meet your financial goals, and improve your overall financial security now and in the future.

In this seminar on Financial Planning Basics, you will learn:

- How to construct a budget and the importance of establishing an emergency fund
- Credit fundamentals
- Basic investment concepts, including risk tolerance and the difference between pre-tax, after-tax, and tax-deferred investments
- Basic estate planning concepts

Stress Management & Emotional Wellness in the Workplace - Feeling anxious and stress at work can cause negative physical and emotional health effects for employees, resulting in lost productivity and high health costs. We will be discussing and learning tools to help manage stress at work. Tammy will teach you ways to breathe to calm the mind as well as some meditation techniques you can easily learn.