

STAFF FORUM | March 24, 2009

Resources for Employees in Times Of Change



STAYING INFORMED AND CONNECTED

- Budget Central website
<http://newscenter.berkeley.edu/budget>

EXPLORING YOUR RESOURCES

- Human Resources: Staff Cost Reduction Options and policies
<http://hrweb.berkeley.edu/scro.htm>
- Pre-retirement benefits counseling (Benefits Office)
<http://hrweb.berkeley.edu/benefits/retiresvgs.htm>
- Pre-retirement planning workshops (Retirement Center)
<http://thecenter.berkeley.edu/prp.html>
- UCOP At Your Service
<http://atyourservice.ucop.edu>
- Consultation for individuals and groups
<http://www.uhs.berkeley.edu/facstaff/care>
<http://stfombuds.berkeley.edu>
- Staff Organizations
<http://stafforg.berkeley.edu>

NAVIGATING YOUR CAREER

- Career planning
<http://careercompass.berkeley.edu/careerdevl/resources.html>
- Courses and other development programs for staff
» Access through BLU <https://blu.berkeley.edu>, log in and select UCB Learning Center from the Self Service menu
<http://hrweb.berkeley.edu/hrclass.htm>
- On-line courses available to staff
» Access through BLU <https://blu.berkeley.edu>, log in and select e-Learn from the Self Service menu
- Career Compass
<http://careercompass.berkeley.edu>

TAKING CARE OF YOURSELF

- Flexible work arrangements
<http://hrweb.berkeley.edu/policy/flexible.htm>
- Managing work/life balance, including childcare and eldercare resources
<http://workandfamily.chance.berkeley.edu>
<http://www.uhs.berkeley.edu/facstaff/care/eldercare>
- Staying healthy and fit
<http://www.uhs.berkeley.edu/facstaff/healthmatters>
<http://www.recsports.berkeley.edu>
- Stress management workshops
<http://www.uhs.berkeley.edu/facstaff/care>
- Financial planning workshops and online resources
» Access through BLU <https://blu.berkeley.edu>, log in and select UCB Learning Center from the Self Service menu, go to Work Life
<http://netbenefits.com>