

From: [Nogarr, Justin](#)
Cc: [LMC Equity & Inclusion](#); [Armendariz, Rosa](#); [Stone, Bethann](#)
Subject: Equity In Action Workshop [Please Register by Thursday, April 4]
Date: Friday, March 29, 2024 3:09:07 PM
Attachments: [image001.png](#)

Good afternoon classified colleagues,

The Office of Equity & Inclusion, Caring Campus and the Classified Senate invites you to join the next Equity in Action Workshop! As always, this professional development series provides a space for Classified Professionals to foster professional growth, enhance diversity, and promote inclusivity.

Speaker Bio: Dr. Jaguanana "Jag" Lathan, CEO and Founder of New Generation Equity is an educational equity leader with over 20 years of teaching, leadership, and top-level systems design experience in some of the largest California public school districts and County Office of Educations. Her moral imperative is to support education, nonprofit, and government leaders and their teams to build and strengthen their systems to ensure impactful outcomes for their most vulnerable populations. She works with leaders and teams to build or strengthen foundational equity work through systems redesign, engaging in effective implementation practices, and utilizing rapid feedback loops to monitor outcomes. Her mission is to empower people to make the transformational changes needed to create an equitable, just, and liberating environment that results in high-impact outcomes for ALL students and clients.

Topic: Developing Equity Minded Leaders
Date: Friday, April 5th, 2024
Time: Lunch (optional) 12:30 to 1:30 p.m. / Workshop 1:30 p.m. to 3:30 p.m.
Location: LLIB-109 (Library Conference Room). The workshops are in-person, and are open to all Classified employees.

To Register: [Click here to RSVP.](#)

We hope to see you there

Thank you,
Justin

Justin Nogarr
Program Coordinator, Professional Development

LOS MEDANOS
COLLEGE

*Office of Equity and Inclusion
Adjunct Art Instructor*

Bcc: LMC All Classified Monthly

From: [Nogarr, Justin](#)
Cc: [LMC Equity & Inclusion](#)
Subject: REMINDER: Equity In Action Workshop [Please Register by Thursday]
Date: Tuesday, February 27, 2024 9:55:04 AM
Attachments: [image001.png](#)

Good morning colleagues,

The Office of Equity & Inclusion, Caring Campus and the Classified Senate invites you to join the next Equity in Action Workshop! This professional development series provides a space for Classified Professionals to foster professional growth, enhance diversity, and promote inclusivity.

Topic: Leadership: Building a Plan & Portfolio
Date: Friday, March 1, 2024
Time: Lunch (optional) 12:30 to 1:30 p.m. / Workshop 1:30 p.m. to 3:30 p.m.
Location: LLIB-109 (Library Conference Room). The workshops are in-person, and are open to all Classified employees.

To Register: [Click here to RSVP.](#)

We hope to see you there

Thank you,
Justin



Justin Nogarr

*Program Coordinator, Professional Development
Office of Equity and Inclusion
Adjunct Art Instructor*

Bcc: LMC All Classified Monthly

From: [Nogarr, Justin](#)
Cc: [LMC Equity & Inclusion](#); [Chuah, Cheong](#); [Armendariz, Rosa](#)
Subject: REMINDER: Equity In Action Workshop [Register for this Friday]
Date: Wednesday, February 7, 2024 5:20:54 PM
Attachments: [image002.png](#)

Good evening LMC Classified Colleagues,

Just a friendly reminder to register for this workshop, if you haven't done so already: [Click here to RSVP](#).

This will be an exciting, deeper-dive into **Self Care and Restorative Practices (Part-2)**. Our speakers and topics are as follows:

Bethann Stone (LMC Classified Professional) – 1st part

- Identify strategies for self-care and to relieve stress and reduce burnout
- Participate in breathwork activities and receive resources to promote mental and physical well-being
- Learn about boundaries and how set healthy boundaries to promote self-care and reduce burnout.
- Receive tools to build resilience and create or restore community beyond today's workshop

Kyle Chuah (LMC Faculty Member) – 2nd part

High Energy & Consistent Performance

- Are you often tired? Are you lacking the drive to achieve your goals? Is your current situation all there is of you? Do you want more? Can you do more? Do you wish you could have the energy to attain and enjoy all that you can in life? Then, you should attend this workshop! Having high energy will propel you to achieve your goals and improve your relationships with others and lead a better life. In this workshop, we will explore concepts and practical steps to developing high energy and consistent performance in all aspects of your life. We will study the ways to increase your mental, physical, emotional and spiritual energy. Myths will be disposed, and new paradigms will be formed. You will learn to manage your energy, take action, and execute a long-lasting plan that will sustain you throughout life. You will leave the session with vigor and have renewed excitement about your existence. This brief introduction session should be sufficient to fuel your journey in obtaining high energy and consistent performance.

Please see message below for time and location specifics.

Looking forward to seeing you Friday!

Justin

Bcc: LMC All Classified Monthly

From: Nogarr, Justin

Sent: Monday, February 5, 2024 1:56 PM

Subject: Equity In Action Workshop [Register for this Friday]

Good Afternoon Colleagues,

The Office of Equity & Inclusion, Caring Campus and the Classified Senate invites you to join the next Equity in Action Workshop! This professional development series provides a space for Classified Professionals to foster professional growth, enhance diversity, and promote inclusivity.

Topic: 2nd Edition of Self-Care & Restorative Practices

Date: Friday February 9, 2024

Time: Lunch (optional) 12:30 to 1:30 p.m. / Workshop 1:30 p.m. to 3:30 p.m.

Location: SU-109 (Student Union). The workshops are in-person, and are open to all Classified employees.

To Register: [Click here to RSVP.](#)

We hope to see you there

Thank you,
Justin



Justin Nogarr

Program Coordinator, Professional Development

Office of Equity and Inclusion

Adjunct Art Instructor

Bcc: LMC All Classified Monthly

From: [Stone, Bethann](#)
Subject: REGISTER TODAY! Equity in Action Workshop - Friday December 1, 2023
Date: Tuesday, November 28, 2023 12:30:10 PM
Attachments: [image001.png](#)
[image002.png](#)

Bcc: LMC All Classified Monthly, LMC All Classified Hourly, BWC All Classified Monthly, BWC All Classified Hourly

Good Afternoon Colleagues,

The Office of Equity & Inclusion, Caring Campus and the Classified Senate invites you to join the next Equity in Action Workshop! This professional development series provides a space for Classified Professionals to foster professional growth, enhance diversity, and promote inclusivity.

Topic: Inclusive Language & Communication
Date: Friday December 1, 2023
Time: Lunch (optional) 12:30 to 1:30 p.m. / Workshop 1:30 p.m. to 3:30 p.m.
Location: Library Community Room L-109. The workshops are in-person, and are offered
To Register: [Click here to RSVP](#).

We hope to see you there

Have a great day!

Beth Ann Stone

Senior Administrative Assistant
Office of Planning & Institutional Effectiveness
Classified Senate President
Los Medanos College
bstone@losmedanos.edu

From: [Stone, Bethann](#)
Bcc: [LMC ALL Classified Hourly](#); [LMC ALL Classified Monthly](#); [BWC ALL Classified Hourly](#); [BWC ALL Classified Monthly](#)
Subject: ACTION REQUIRED: Equity in Action Workshop - Friday November 3rd, 2023 / Register Today!
Date: Tuesday, October 31, 2023 9:52:00 AM
Attachments: [image005.png](#)

Bcc: LMC All Classified Monthly, LMC All Classified Hourly, BWC All Classified Hourly, BWC All Classified Monthly

Good Morning Colleagues,

The Office of Equity & Inclusion, Caring Campus and the Classified Senate invites you to join the next Equity in Action workshop!

Topic: Introduction to Equity, Inclusion, & Belonging and Inclusive Language & Communication

Date: Friday, November 3rd, 2023

Time: Lunch (optional) 12:30pm to 1:30pm / Workshop 1:30pm to 3:30pm

Location: Library L-109

[Click here to RSVP](#)

We hope to see you there!

Have a great day

Beth Ann Stone

Senior Administrative Assistant
Office of Planning & Institutional Effectiveness
Classified Senate President
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