

UW-Superior

Continuing Education

Professional Development | 55+ Programming

Small Business Development | Other Learning Opportunities



UNIVERSITY of WISCONSIN

Superior

Center for Continuing Education

OUR VISION, COMMITMENT & PROMISE TO OUR COMMUNITY

As we wrap up our 2022-23 program year, we're eager to reflect on what we learned and refine our programming to serve you and our community best. Our vision continues to center on offering diverse lifelong learners in the Twin Ports area, the opportunity to thrive through inspirational, inclusive, accessible, and relevant education that is built for their unique needs. To that end we remain committed to:



- Advocating for a welcoming, inclusive, and brave learning culture that demonstrates cultural competency.
- Building strong roots that represent our diverse community of lifelong learners. We do this through listening to the community and with the aspiration of becoming a trusted ally.
- Providing courageous, adaptable, and equitable programming by continuously growing in our learning and teaching practices.

We have intentionally chosen program topics that have been identified as learning needs in our service area and they are designed to meet your time, budget, and educational aspirations. We continue to offer a full range of lifelong learning programs to help individuals attain a good quality of life, assist the community in developing and retaining a quality workforce, and provide relevant and engaging learning opportunities for all.

As part of UW-Superior's Anchor of the North efforts, the Center for Continuing Education (CCE) is supporting the creation and expansion of digital badges, micro-credentials and certificates tied to industry standards to enhance relevant skills of lifelong learners. The university is also committed to providing educational access across the lifespan. Through CCE, UW-Superior has been officially designated an Age Friendly University and joins a national network which recognizes, provides, and supports learning for all ages. As the demographics continue to change in northern Wisconsin, this designation will provide an opportunity for continued program expansion in conjunction with other initiatives that CCE already engages in such as dual high school enrollment and continuing education programming.

Thank you for joining us in another year of lifelong learning!

Warmly,

Kathryn Guimond
and the entire University of Wisconsin-Superior's Center for Continuing Education team

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Scan to learn more about our programming

CERTIFICATE OF COMPLETION: In order to be awarded a certificate of completion, participants must attend/complete all sessions in the program.

CANCELLATION POLICY: The Center for Continuing Education strives to maintain scheduled programming. However, if minimum enrollment is not met 10 business days prior to the start of a program, we may need to cancel or reschedule that program. There also may be times when a program needs to be cancelled or rescheduled due to weather, instructor illness, or other unavoidable circumstances. Whether cancelled or rescheduled, you will be notified ASAP and your full fee will be refunded or applied to the rescheduled event, as you prefer.

The Center for Continuing Education offers Digital Badges for completed certificates and various professional development learning experiences. Badges are the visual representation of a skill or an achievement gain. Digital badges can be shared on social media accounts like LinkedIn, and displayed on a learner's digital resume, ePortfolio, and email signature.



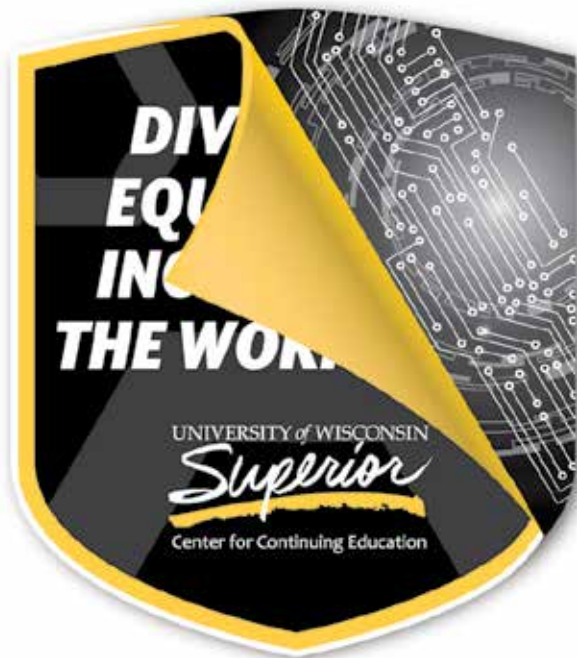
A quick and easy way to share verified knowledge and expertise to employers and colleagues.



24/7 digital access on resumes, websites, social media and email signatures.



A unique way to stand out and differentiate yourself from other potential candidates.



What's Inside

Each badge is embedded with evidence of where, when, how and why it was earned, which allows the badges to serve as 100% authenticated digital certificates.

Example: Diversity, Equity, and Inclusion (DEI) in the Workplace

Badge Name: DEI in the Workplace

Badge URL: customtoeachbadge.com

Earning Criteria:

1) Reflective and engaged participation in monthly sessions. 2) Development, documentation, and presentation of a Workplace Action Plan.

Badge Image: See image above

Issuer: UW-Superior Center for Continuing Education

Issue Date: Custom to each badge

Recipient: Your name

Alignment: NACE Competencies

For more details and frequently asked questions on microcredentials and digital badges, see page 20.

Society of Human Resource Management (SHRM) Credits

In addition to offering Continuing Education Units (CEUs), the Center for Continuing Education is partnering with the Northland Human Resource Association to offer Society of Human Resource Management credits on eligible programming. When you see the SHRM Recertification Provider badge on our registration sites, you can trust those programs have been preapproved for SHRM PDCs.



August:

Leadership Superior Douglas County 8/2023

September

Personal Growth in Leadership Webinar Series 9/1/2023
 Civil Law Mediation 9/6/2023
 Certificate in Ethical Leadership 9/7/2023
 Science of Brewing Certificate 9/7/2023
 Diversity, Equity and Inclusion in the Workplace 9/26/2023
 Entrepreneurial Training Program 9/27/2023

October

Personal Growth in Leadership Webinar Series 10/1/2023
 Coffee Break Courses Start 10/3/2023
 The Science and Practice of Well-Being in the Workplace 10/4/2023
 Human Resource Management Certificate 10/5/2023
 Foundations of Human Resources 10/5/2023
 Music in the Movies 10/5/2023
 Advanced Human Resource Management Certificate 10/12/2023
 Strategic Leadership in HR 10/12/2023
 Foundations of Motivational Interviewing 10/17 & 10/19/2023

November

Remembering Home 11/1 & 11/8/2023
 Performance Management 11/2/2023
 Collaborative Communication for Teambuilding & Conflict Resolution 11/16/2023
 Youth Mental Health First Aid 11/30/2023

December

Talent Acquisition 12/7/2023
 Workforce Planning & Analytics 12/14/2023

January

Employee Engagement 1/18/2024
 Certificate in Ethical Leadership 1/23/2024
 Family Law Mediation 1/24/2024
 Aging With Meaning and Purpose 1/24/2024
 Workplace Investigations 1/25/2024

February

Diversity & Inclusion in the Workplace 2/1/2024
 Organizational Leadership 2/7/2024
 The Inner & Outer Work of Leadership 2/7 & 2/14/2024
 Labor Relations & Negotiation 2/15/2024

March

Personal Growth in Leadership Webinar Series 3/1/2024
 Total Compensation 3/7/2024
 Building Trust 3/6/2024
NEW! Music in the Movies: The Sequel 3/21/2024
 Motivational Interviewing: Beyond the Basics 3/26 & 3/28/2024

April

Personal Growth in Leadership Webinar Series 4/1/2024
 HR Compliance 4/4/2024
 Effective Communication 4/10/2024
 Well-Being for Older Adults 4/17/2024
 Conversations on Living Alone 4/17/2024
 Professional Leadership Development: Living Your Core Values 4/24/2024

May

Health Coaching Practice Certificate 5/2024
 Entrepreneurial Training Program 5/6/2024
 Strategic & Adaptive Leadership 5/8/2024
NEW! Exploring The Arts 5/16/2024

June:

Organizational Culture & Change 6/5 & 6/12/2024

To register, visit uwsuper.edu/cce

Workshop information is accurate at the time of printing, but is subject to change. In the event we are required to switch any programming to a virtual format, dates and times may change. Check our listings online for the most current information.

Continuing Education Units (CEUs) are available upon request.



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**Scan to learn
 more about our
 programming**

Personal Growth in Leadership Webinar Series

September & October 2023 and March & April 2024 | Month long-24/7, available on the first day through the last day of the registration month | Online

Enhance your leadership skills and foster a strong foundation of skills with our five-part, pre-recorded webinar series, which covers essential topics such as psychological safety, team conflict resolution, emotional intelligence, and community-based leadership. Delving into these leadership-based concepts will give you the insights and strategies to propel your professional career forward. Beyond enhancing your understanding of effective leadership, this course will cultivate self-reflection and personal growth, empowering you to develop as a well-rounded leader.

Note: Access to the five webinars will be available at registration from the first day through the last day of your chosen month.

Cost: \$59

Civil Law Mediation

September 6, 2023 - December 15, 2023 | Wednesdays 5:30 – 7:20 pm | Available via Zoom
Program may be taken for academic credit or non-credit.

Whether you want to become a mediator or learn to deal with conflict more effectively, this program will provide you with 30 hours of the training you need to do both. This Civil Law Mediation training aligns with the Minnesota Rule 114 requirements and continued approval will be requested for the qualified neutral Facilitative Civil Law mediator roster in Minnesota.

Cost: \$399

Credit cost: Please call 715-394-8469 or email conted@uwsuper.edu for more information.

Family Law Mediation

January 24, 2024 - May 10, 2024 | Wednesdays, 3 – 5:50 pm | Available via Zoom
Program may be taken for academic credit or non-credit.

If you are seeking training on Family Law Mediation, this is for you! This 45-hour training aligns with the Minnesota Rule 114 requirements and continued approval will be requested for the Facilitative Family Law qualified neutral roster. This program provides robust training in family law mediation for those seeking these credentials for use within a wide range of professional roles.

Cost: \$599

Credit cost: For more information, please call 715-394-8469 or email conted@uwsuper.edu.

If you complete both Civil Law and Family Law Mediation trainings you will be eligible to receive our Mediation Certificate.

Certificate in Ethical Leadership

September 2023 - May 2024

Program may be taken for academic credit or non-credit.

Enhance your leadership skills by learning to make ethical decisions and leading with empathy through challenging dilemmas. In addition to exploring fundamental ethical principles, you'll also gain a better understanding of emotional intelligence, active listening, assertive communication, and how applying your core values and moral code can positively impact your environment.

Fall semester: Emotional Intelligence, Thursdays, 4 – 6:50 pm.

Cost: \$599, plus \$20 fee for course materials.

Spring semester: Ethical Leadership, Tuesdays, 4 – 6:50 pm. Cost: \$599.

Credit cost: For more information, please call 715-394-8469 or email conted@uwsuper.edu.

Science of Brewing Certificate

September 7, 2023 - December 16, 2023 | Mondays, 4 - 8 pm | Available in person
Program may be taken for academic credit or non-credit.

Whether you're an experienced homebrewer or just looking to start, this two-part series provides a unique hands-on educational opportunity to dive into the science behind your favorite brews and how to craft the perfect pint of beer through in-depth chemical analysis. To receive the Science of Brewing Certificate, you must be 21 years of age or older and complete Science of Brewing I (fall semester) and Science of Brewing II (spring semester).

Cost: Science of Brewing I \$599, Science of Brewing II \$599

Credit cost: For more information, please call 715-394-8469 or email conted@uwsuper.edu.



Diversity, Equity, and Inclusion in the Workplace

September 26, 2023 - May 21, 2024 | Available in person

Cultivate diversity in the workplace by learning to create an inclusive and respectful environment that boosts team morale, improves productivity, and promotes positivity beyond the confines of the workplace. Drawing from local, regional, and national experts, you'll discover the rich history of diverse communities in the Twin Ports area, the implementation of best diversity, equity, and inclusion (DEI) practices, and the interconnectedness of DEI with the economics of businesses and the broader community. The 2023-2024 program is limited to 24 individuals and will begin in September with a two-day opening session, followed by eight monthly full-day sessions through May of 2024. To secure your spot, complete the registration by August 18, 2023.

Cost: \$1,175

" Presenters took time to speak and present with empathy and emotional regard for feelings of people in attendance. "

- 2022-23 DEI in the Workplace Program Participant

Human Resource Management Certificate

October 5, 2023 - April 4, 2024 | Thursdays, 8:30 am - 3:30 pm | Available in person

Program may be taken for academic credit or non-credit.

If you're interested in learning how to build a foundation in the field of human resources (HR), the Human Resource Management Certificate is a great resource. In addition to learning from regional experts about the core aspects of human resource management that will be beneficial in various positions and professional settings, you'll also get the opportunity to network with and learn from other HR professionals.

Workshops (may be taken together or individually):

Foundations of Human Resources | 10/5/2023 | 8:30 am – 3:30 pm

Performance Management | 11/2/2023 | 8:30 am – 3:30 pm

Talent Acquisition | 12/7/2023 | 8:30 am – 3:30 pm

Employee Engagement | 1/18/2024 | 8:30 am – 3:30 pm

Diversity & Inclusion in the Workplace | 2/1/2024 | 8:30 am – 3:30 pm

Total Compensation | 3/7/2024 | 8:30 am – 3:30 pm

HR Compliance | 4/4/2024 | 8:30 am – 3:30 pm

Cost: \$149 per workshop or \$129 per workshop if enrolled in the certificate.

Credit cost: Please call 715-394-8469 or email conted@uwsuper.edu for more information.**The Science and Practice of Well-Being in the Workplace**

October 4 - November 1, 2023 | Wednesdays, 3:30 - 5 pm | Available in person

Join UW-Superior's Pruitt Center for Mindfulness & Well-Being professionals for a four-part workshop focusing on the PERMANENT* Model of Well-Being in the workplace, a holistic approach to living well in mind, body and spirit. In addition to learning well-being concepts and strategies to help you flourish professionally, you'll experience and reflect on lessons from the most up-to-date scientific research – including the fields of positive psychology, emotional intelligence, neuroscience and positive education.

*Present Moment Awareness, Emotional Intelligence, Relationships, Meaning, Achievement, Needed Sleep, Exercise, Nutrition & Thinking

Four-Part Workshop (90-minute sessions):

Present Moment Awareness | 10/4/2023 | 3:30 - 5 pm

Emotional Intelligence & Relationships | 10/11/2023 | 3:30 - 5 pm

Sleep, Exercise & Nutrition | 10/18/2023 | 3:30 - 5 pm

Meaning, Achievement & Thinking | 11/1/2023 | 3:30 - 5 pm

Cost: \$149

" [I learned] the importance and awareness of emotional intelligence in the workplace working with people. [And I learned] the importance of movement and what it does for our bodies and brains."

- 2022 The Science of Well-Being and Practice in the Workplace Program Participant

GET 10% OFF
non-credit programs
with promo code
CCE10C by 9/2/23*

*Some exclusions apply.



**Scan to learn
more about our
programming**

Advanced Human Resource Management Certificate

October 12, 2023 - February 15, 2024 | Thursdays, 8:30 am - 3:30 pm | Available in person

Take your Human Resource (HR) career to new heights by expanding on your knowledge and skills in strategic leadership, effective communication, and workplace investigations. Whether you're a seasoned professional looking to enhance your skill set or an aspiring HR specialist aiming to jumpstart your career, this certificate will equip you with the tools you need to succeed. Additionally, the program offers 30 hours of intensive training from experienced instructors and a unique networking opportunity to connect and collaborate with like-minded professionals in the HR field.

Workshops (may be taken together or individually):

Strategic Leadership | 10/12/2023 | 8:30 am-3:30 pm

Collaborative Communication for Team Building & Conflict Resolution | 11/16/2023 | 8:30 am-3:30 pm

Workforce Planning & Analytics | 12/14/2023 | 8:30 am-3:30 pm

Workplace Investigations | 1/25/2024 | 8:30 am-3:30 pm

Labor Relations & Negotiation | 2/15/2024 | 8:30 am-3:30 pm

Cost: \$149 per workshop or \$129 per workshop if enrolled in the certificate.

Motivational Interviewing Workshops

October 2023 - March 2024 | 1 - 4pm | Available via Zoom

Discover the profound impact of motivational interviewing through our advanced course, led by Dr. Amy LaRue—a seasoned professional with extensive experience in motivational interviewing, health and wellness, and public health. This transformative program is tailored for relationship-based counseling, healthcare, social work, and casework professionals. By participating in this course, you'll acquire the knowledge and skills to facilitate positive change that empowers your clients to move from resistance toward a healthier and more fulfilling life.

Workshops (may be taken together or individually):

Foundations of Motivational Interviewing | October 17 & 19, 2023 | 1-4 pm | Online

Motivational Interviewing: Beyond the Basics | March 26 & 28, 2024 | 1-4 pm | Online

Cost: \$298 per 2-day workshop, or \$258 per 2-day workshop if enrolled in both workshops.

Youth Mental Health First Aid

November 30, 2023 | 8:30 am - 4:30 pm | Available in person

Did you know that 1 in 5 teens and young adults live with a mental health condition? Or that 64.1% of youth with major depression do not receive mental health treatment? How about that 5.13% of youth report having a substance use or alcohol problem? This important FREE training teaches you how to identify, understand and respond to signs of mental illness and substance use disorders in youth (ages 6-18) – including the latest information on trauma, addiction, social media, bullying and self-care.

Thanks to the generous support from Essentia Health, UW-Madison Extension, SAMHSA Wisconsin Rural Opioid and Stimulant Engagement (WiROSE) grant, we are pleased to provide this training (valued at \$170) free of charge.

Cost: Free

Organizational Leadership Certificate

February 2023 – June 2023 | Wednesdays, 8:30 am - 3:30 pm | Available in person

If you're looking to demonstrate effective leadership within your organization, this five-part workshop series is for you. From learning effective strategies to gaining a better understanding of organizational leadership, you'll develop capacities to help directly impact the success of your organization. Best of all, the leadership organizational skills you'll gain will strengthen your effectiveness beyond the workplace.

Workshops (may be taken together or individually):

The Inner & Outer Work of Leadership (2 days) | 2/7 & 2/14/2024 | 8:30 am - 3:30 pm

Building Trust | 3/6/2024 | 8:30 am - 3:30 pm

Effective Communication | 4/10/2024 | 8:30 am - 3:30 pm

Strategic & Adaptive Leadership | 5/8/2024 | 8:30 am - 3:30 pm

Organizational Culture & Change (2 days) | 6/5 & 6/12/2024 | 8:30 am - 3:30 pm

Cost: \$149 per workshop day, \$129 per workshop day if enrolled in a certificate.

" I really enjoyed the pace and a chance to try things ourselves; overall, I really enjoyed this workshop! "

- 2023 Organizational Leadership Certificate Program Participant

Professional Leadership Development: Living Your Core Values

April 24, 2024 | 8:30 am - 3:30 pm | Available in person

This unique workshop will take you through the key steps of understanding your habitual behaviors and what has shaped your worldview thus far so you can understand how to change it in the future. The workshop will also look at different ways to use core values and your brain's plasticity to reshape your old views and create the life you ultimately want.

Cost: \$149

Health Coaching Practice

Summer 2024 | Available online

Program may be taken for academic credit or non-credit.

This online program will help you gain the knowledge required for an entry-level health coach and boost your ability to help others meet their goals, whether you work in healthcare, a fitness center, an employee wellness program or another related occupation. From behavioral science, nutrition, kinesiology, exercise science, screening and fitness assessments, client program design, and legal and ethical concerns related to allied health professions, you'll learn a broad spectrum of valuable health and behavioral concepts.

Cost: \$599 (required textbook not included).

Credit cost: For more information, please call 715-394-8469 or email conted@uwsuper.edu.

Coffee Break Courses with Continuing Education

October 2023 - May 2024

Only 10-15 minutes in length, our FREE virtual coffee break courses provide you with short but insightful educational opportunities that perfectly pair with your coffee or tea break. Hosted on our UW-Superior YouTube channel, you can tune in to learn more about various topics of interest to you. For an upcoming schedule or more information, check out uwsuper.edu/cce.

Leadership Superior/Douglas County Program

August 2023 - June 2024

Ignite your leadership potential and make a lasting impact on your community with the Leadership Superior & Douglas County program. Designed for emerging and existing leaders, this transformative 10-month program will provide you with the tools and skills to deepen community awareness and improve civic engagement. With a limited enrollment of approximately 25 participants per year, this program begins with a two-day orientation in August, followed by monthly full-day sessions, including an overnight retreat in May and graduation and presentations in June. Visit uwsuper.edu/lscdc to learn more and secure your spot today.

College Credit for High School Students

Academic terms

With the College Credits for High School Students program, you can get ahead and earn college credits while you're still in high school. In addition to gaining an academic edge, this program will help you save money while fostering personal growth, confidence, and a seamless transition toward a brighter future. To explore the possibilities of receiving college credits during high school at UW-Superior, visit uwsuper.edu/hscredit. For high school staff interested in bringing college credit opportunities to your school, please email conted@uwsuper.edu.



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Customized Training

Customized to your timeline

Experience the power of custom training opportunities tailored to your organization's unique goals. From the initial stages of curriculum development to the final delivery of engaging and impactful learning experiences, we're committed to providing you with high-quality training that drives growth and success for your business. To learn more and take the first step to unlock your team's full potential, contact conted@uwsuper.edu today.

Music in the Movies

October 5, 12, 19, 26, 2023 | 10 - 11:30 am | Available in person

This four-part series, facilitated by Dr. Erin Aldridge, will look at the fascinating world of music in movies, showcasing important scores like the “talkies” to the present day. From various styles and approaches to genres and composers, you’ll learn how music and silence can work with each scene, including its integration on the conscious and subconscious levels.

This course is geared toward adults 55 years of age or older. No prior musical or film knowledge is necessary. If you took this series in Fall of 2022, you will love the sequel starting Spring 2024 (see next page).

Cost: \$28

"Excellent course - loved the engaging & enthusiastic way Dr. Aldridge presented the course content! I appreciate her thorough understanding of the course content & the ability to convey to an audience."

- 2022 Music in the Movies Program Participant

Remembering Home

November 1 & 8, 2023 | 10 - 11:30 am | Available via Zoom

The only predictable constant in life is change. From ancient times to the present, acknowledging times of change is integral to one's health and well-being. One significant, and at times, difficult change during our later years, is moving from a family home to a new residential community. In this two-part virtual Legacies Transitions program, you'll learn how to capture and preserve meaningful memories to embrace what's ahead by celebrating your childhood home, the people with whom you shared that home, and all the memories you created there. This series is geared toward adults 55 or older.

Cost: \$14

Aging with Meaning and Purpose

January 24, 2024 - March 6, 2024 | 10:30 - 12 pm | Available via Zoom

In this virtual series, you'll learn how to use simple journaling and reflection practices to consider how your experiences, talents and interests can make growing older a more positive experience for you and those in your community. In addition to learning about positive aging, you'll also discover how to create a life full of purpose and meaning. This series is geared toward adults 55 or older and partly funded by the John Allan Kunz Fund for Reminiscence and Life Review of the Duluth Superior Area Community Foundation.

Cost: \$49

NEW! Music in the Movies: The Sequel

March 21 & 28, 2024 and April 4 & 11, 2024 | 10 - 11:30 am | Available in person

Immerse yourself in the captivating realm of film music with this four-part series, facilitated by Dr. Erin Aldridge. Building upon the success of the first Music in the Movies program, this continuation delves deeper into the world of compilation scores, action film music, and extraordinary works of composers like Danny Elfman and Hans Zimmer. From a diverse range of styles and approaches, you'll learn more about the profound impact of film scores on both conscious and subconscious levels. This course is geared towards adults 55 or older, with no prerequisite, musical, or film knowledge required.

Cost: \$28

Well-Being for Older Adults

April 17 & 24, 2024 and May 1 & 8, 2024 | Wednesdays, 2:30 - 4 pm | Available in person

Throughout this series, you'll learn about the importance of self-care strategies resulting in powerful benefits, brain health and different ways of coping with changes such as isolation, grief and love to facilitate healthy and fulfilling lives as you age. This is geared toward adults 55 or older and is partly funded by the John Allan Kunz Fund for Reminiscence and Life Review of the Duluth Superior Area Community Foundation.

Cost: \$7 per workshop

"The warm, welcoming, safe environment created by Randy and Lori encouraged all of us to be a part of this significant experience."

- 2023 Well-Being for Older Adults Program Participant



Conversations on Living Alone

April 17 & 24, 2024 and May 1, 2024 | Thursdays, 10 - 11:30 am | Available via Zoom

With the rise of older adults living alone, this three-part series will look at the statistics, history and psychology of living alone, guided by authors like Barbara Holland of One's Company and Eric Klinenberg's Going Solo. You'll also hear from different perspectives about living alone or, as Barbra Holland says in her book, "We who live alone can treat the situation like an illness, or we can make ourselves comfortable here." This series is geared toward adults 55 years of age or older.

Cost: \$21

NEW! Exploring the Arts

May 16, 23, 30, 2024 | 2 - 4 pm | Available in person

Unleash your inner artist and immerse yourself in the captivating world of visual expression. Perfect for beginners and seasoned artists alike, this in-person workshop invites you to harness the power of creativity by diving deeper into the fundamentals of drawing, abstract art, and collage. With expert guidance and all the necessary materials at hand, you'll embark on a transformative journey that inspires you to bring your unique vision to life. No prior art knowledge or experience is required to participate—just come with the willingness and enthusiasm to explore.

Cost: \$42



The Wisconsin Small Business Development Center is a statewide network supporting entrepreneurs and business owners through no-cost, confidential consulting and business education for business planning, marketing and sales growth, finance and capital access, financial management, and strategic planning.

The SBDC is part of the UW System Institute for Business & Entrepreneurship, which offers other programs that can supplement and complement:

- Center for Technology Commercialization
- Food Finance Institute
- Business Dynamics Research Consortium

Our center serving Ashland, Bayfield, Burnett, Douglas, Iron, Price, Sawyer, and Washburn counties contributed to the following in 2022:

20 new businesses created
1,202 jobs supported
\$6.9M in capital investment
256 clients served
1,202 hours spent working with clients
64 business education participants
\$1.3M in rural capital investment

Entrepreneurial Training Program

September 27 – October 25, 2023 | 5-8 pm, Wednesday Evenings

The Entrepreneurial Training Program (ETP) is an intensive business-planning training program designed to help participants who want to start a new business, grow an existing business, or make a substantial business pivot that requires viewing the company with a fresh perspective. Each class session will help you learn business terminology and work toward putting your ideas on paper.

Cost: \$250



"They were instrumental in helping obtain capital funding for the purchase of the business. Their guidance on financial projections helped us get an SBA-backed loan."

- Ben Anderson, Eddie's Restaurant, Superior, WI

GET 10% OFF
 non-credit programs
 with promo code
 CCE10C by 9/2/23*

*Some exclusions apply.



**Scan to learn
 more about our
 programming**

The Pruitt Center for Mindfulness and Well-Being is a gathering hub providing mindfulness and well-being resources, expertise, learning projects, and personal and professional development activities. The Pruitt Center is committed to advancing the science and practice of mindfulness and well-being, utilizing a multidimensional framework that recognizes a diverse population within the UW-Superior campus and the surrounding region. The Pruitt Center also establishes partnerships and collaboration across campus and the greater community.

The mission of the Pruitt Center for Mindfulness and Well-Being at the University of Wisconsin-Superior is to promote and enhance the science and practice of mindfulness and well-being for students, faculty, staff, and surrounding communities.

Mindfulness-Based Stress Reduction (MBSR)

September 18 - November 13, 2023 | Monday Evenings | In-Person

January 10 - March 6, 2024 | Wednesday Evenings | Virtual

This eight-session evidence-based course teaches participants about mindfulness—what it is, how it can help reduce stress, and how to incorporate more of it into your life. In addition, the course includes the experiential practice of many different forms of mindfulness, from meditation and mindful eating to gentle stretching, awareness of the breath, and more.

MBSR is offered in fall and winter.

Cost: \$175

For more information or to register visit: uwsuper.edu/mindfulness

National Speaker Events

The Pruitt Center for Mindfulness and Well-Being is pleased to be bringing several compelling national speakers to the UW-Superior campus (virtually and in-person) throughout the 2023-24 year. All speaker events will be free, but registration is required.

Save these dates for Max Stossel on September 27-28, 2023. Available in person on the UW-Superior Campus.

Registration will open at least one month prior to the event.

For more information or to register visit: uwsuper.edu/mindfulness



University of Wisconsin Independent Learning offers a way to earn undergraduate UW credit on your own schedule. We offer a catalog of more than 30 online courses in Business, Mathematics, Humanities, Languages and more.

With UW Independent Learning online courses you can:

- Learn from University of Wisconsin campus faculty
- Fit coursework around your schedule
- Take a little extra time to complete challenging coursework
- Choose from popular courses like Elementary Statistics, Spanish, Intermediate Composition

Registration is always open!

il.wisconsin.edu

UW Independent Learning is a collaboration between UW-Superior, UW-Oshkosh, UW-Eau Claire, UW-Green Bay, UW-Parkside, UW-Whitewater and UW Extended Campus.

What is a microcredential?

A microcredential is a short learning experience designed to teach or upgrade new skills. Often, they are intended to gain relevant skills needed in today's workforce. Microcredentials may be represented as 'badges' that provide transparency and depth into the learning and achievements of the learners, which others can then view.

What is a digital badge?

Digital badges are achievements that you can show to the world. They are visual representations with embedded metadata that individuals can use to show verified competencies, skills, or achievements. In short badges are visual representations of a skill or achievement gain.

FAQs for Microcredentials and Digital Badges

Q: How do microcredentials benefit learners?

A: Microcredentials benefit learners by allowing them to personalize their learning. Microcredentials allow for on-demand learning and the development of skills in a short amount of time. They also provide additional experience and expertise to showcase to future employers.

Q: How do microcredentials benefit employers?

A: Microcredentials can solve workforce challenges by offering focused training for new or transitional employees. Microcredentials can assist in boosting employee engagement.

Q: What are the benefits of a digital badge?

A: Representing your skills as a badge allows you to share your abilities online in a simple, trusted way and can be easily verified in real time. Badges provide employers and peers concrete evidence of what you had to do to earn your microcredential and what skills you're proficient in.

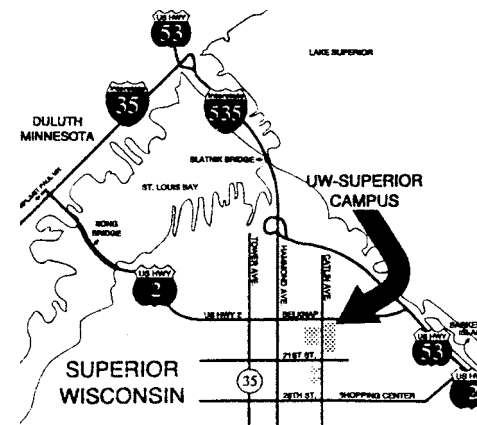
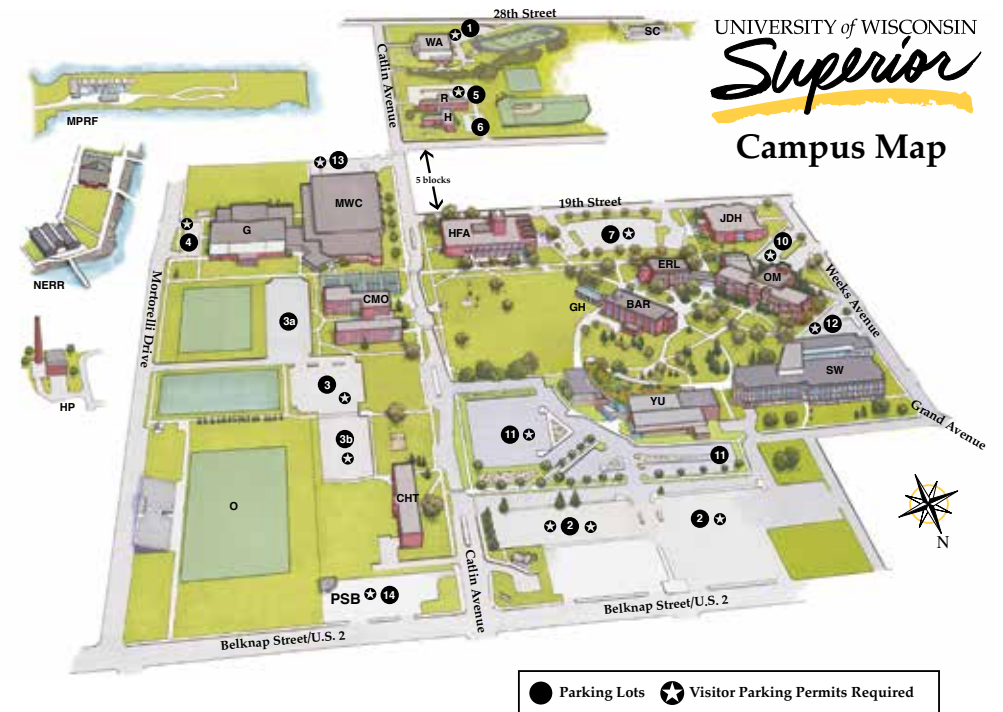
Q: Where can I display my digital badge?

A: Digital badges can be shared on social media accounts, such as LinkedIn. They can be displayed on your digital resume, ePortfolio, and email signature.

Q: Are microcredentials aligned with workforce competencies?

A: The microcredentials at UW-Superior will be aligned with the National Association of Colleges and Employers (NACE) Competencies. NACE Competencies are career-ready competencies that include communication, equity and inclusion, leadership, technology, teamwork, problem-solving, and professionalism.

Most in-person programs are held on the UW-Superior campus with convenient parking.



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