UW-SUPERIOR

CONTINUING EDUCATION

Professional Development | 55+ Programming

Small Business Development | Customized Training

High School College Credit | Other Learning Opportunities









OUR VISION, COMMITMENT & PROMISE TO OUR COMMUNITY

The Center for Continuing Education at the University of Wisconsin Superior provides educational programming for lifelong learners across Superior, northwestern Wisconsin, Duluth, and the broader Twin Ports area. Our team of 11 dedicated and talented professionals works collaboratively to identify the learning needs of our community. We listen closely to what people are seeking — whether it's personal enrichment, professional development,



or academic advancement — and then partner with experienced facilitators to design and deliver high-quality, engaging programs that respond directly to those interests.

In the 2024-25 program year, we proudly supported over 1,700 learners across a wide range of programs: 600 students earned college credit, 477 high schoolers got a head start on their college journey, 218 professionals advanced their skills through targeted development, 337 participants gained insights from inspiring guest speakers, and 83 adult learners age 55+ joined us in staying curious and engaged in learning. In addition, we're honored to partner with leading Twin Ports employers — including Allete, Cirrus, City of Two Harbors, Douglas County Health & Human Services, Essentia Health, Exodus Global, Miners-Super One, Northwest Electric, Superior Choice Credit Union, Bretting Manufacturing, LHB, The Development Association, and UW-Superior (just to name a few). These ongoing relationships bring consistent participation and help us tailor programs that matter.

In the upcoming program year, we're launching new reskilling and upskilling opportunities based directly on input from employer focus groups. Topics will include essential workplace skills, ethical leadership, and executive leadership—designed to meet today's real-world needs head-on. We're committed to supporting businesses impacted by the upcoming bridge closure and will remain closely attuned to their needs—providing flexible, responsive learning solutions every step of the way.

As always, our programs are carefully designed around the real learning needs of our community — crafted to fit your schedule, budget, and goals. We're committed to partnering with you to build impactful skills that drive success.

Join us in embracing lifelong learning and take the next step toward your personal and professional growth. Together, we can make a difference in our community's future. Thank you for being part of this journey — let's keep learning, growing, and thriving together!

In partnership,

Kathryn Guimond

and the entire University of Wisconsin-Superior Center for Continuing Education team

Kathryn Guimond Director, Center for Continuing Education kguimond@uwsuper.edu

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LSRI - Sadie Ann

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.

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 canceled or rescheduled due to weather, instructor illness, or other unavoidable circumstances. Whether canceled or rescheduled, you will be notified ASAP and your full fee will be refunded or applied to the rescheduled event, as you prefer.

BOOST YOUR PROFESSIONAL PROFILE WITH DIGITAL BADGES

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 Linkedln 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.

Professional Development Badge Offerings:

- · Certificate in Ethical Leadership
- · Community Changemaking
- Foundations of Workplace Success & Service Excellence
- · Human Resource Management Certificate
- · Human Resource Development Certificate
- · Intensive Leadership
- · Leadership/Superior Douglas County
- · Leading with Integrity, Values, and Emotional Wisdom
- · Marketing Certificate
- · Mediation Certificate
- · Organizational Leadership Certificate
- · Personal Growth in Leadership Webinar Series
- Science of Brewing Certificate



"I've really enjoyed each workshop thus far and I am thankful for how much time is spent on our questions. I have found a lot of the questions or discussions are based on true experiences we are currently having within the workplace - which is helpful in collaborating with not only the instructor but with all of us as participants.

Learning new tactics!"

2024-25 Human Resource Management Certificate Participant



This symbol indicates programs for which you can earn a digital badge. For additional information on badges visit uwsuper.edu/badges

Society of Human Resource Management (SHRM) Credits

In addition to offering Continuing Education Units (CEUs), the Center for Continuing Education partners 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	
Human Resources Bootcamp	8/1/2025
Personal Growth in Leadership Webinar Series	8/1/2025
Leadership Superior Douglas County	8/12/2025
NEW! 55+ - Group Travel: Experience The World and Make New Connections	8/20/2025
September	
Human Resources Bootcamp	
Personal Growth in Leadership Webinar Series	
NEW! 55+ - (Re)connecting within our Ecosystem	
Brew 101: A Sampling of Beer Styles	
Substance Abuse Counseling - Fall Courses Start	
Civil Law Mediation	
Science of Brewing Certificate	
NEW! 55+ - Skating	
55+ - Evolution of Western Music	9/25/2025
October	
Human Resources Bootcamp	10/1/2025
Personal Growth in Leadership Webinar Series	
55+ - Beginner's Yoga	10/2/2025
Human Resource Management Certificate	10/2/2025
Foundations of Human Resources	
NEW! Foundations of Workplace Success & Service Excellence	10/7/2025
NEW! 55+ - Crying in H Mart Book Club	10/8/2025
NEW! 55+ - Finding Your Narrative	
NEW! E-Commerce Success for Small Businesses	10/9/2025
NEW! Leading with Integrity, Values, and Emotional Wisdom Certificate	10/15/2025
NEW! Unlocking You: Emotional Intelligence and the Power of Self-Insight	
Exploring the Arts	10/23/2025
Human Resource Development Certificate	
Strategic Leadership in HR	
55+ - Navigating Family Conflict	10/24/2025
NEW! Community Changemaking	10/28/2025
How to Handle Tough Conversations	
Creating, Maintaining, and Sustaining Meaningful Relationships	10/29/2025
November	
Human Resources Bootcamp	11/1/2025
Personal Growth in Leadership Webinar Series	
NEW! 55+ - Embracing Gender at Any Age	
NEW! Marketing Strategy Navigator	
Intensive Leadership Certificate	
Performance Management	
NEW! The Courage to Connect: Assertiveness, Empathy, and Equity at Work	
Collaborative Communication for Team Building & Conflict Resolution	
December	
Human Resources Bootcamp	
Personal Growth in Leadership Webinar Series	
55+ - Indoor Climbing	
Talent Acquisition	
NEW! Building Emotional Intelligence for Workplace Success	
Workforce Planning & Analytics	12/11/2025

January	
Human Resources Bootcamp	
Personal Growth in Leadership Webinar Series	
Beginners Yoga	
Brew 101: A Sampling of Beer Styles	
Substance Abuse Counseling Program - Spring Courses Start	
NEW! The Heart of Leadership: Emotions, Empathy, and Ethics	
Employee Engagement	
Workplace Investigations	1/29/2026
February	
Human Resources Bootcamp	2/1/2026
Personal Growth in Leadership Webinar Series	
Diversity & Inclusion in the Workplace	
NEW! 55+ - Drumming: An Exploration of the World Rythm	
NEW! The Core of Character: Values that Guide Leadership	
Organizational Leadership	
The Inner & Outer Work of Leadership	
Labor Relations & Negotiation	
55+ - Functional Nutrition and Movement	
NEW! Executive Leadership Accelerator: Skills, Strategy, and Connection	
NEW! Executive Leadership Accelerator. Skills, Strategy, and Connection	2/25/2020
March	
Human Resources Bootcamp	3/1/2026
Personal Growth in Leadership Webinar Series	
Total Compensation	3/5/2026
Building Trust	3/11/2026
NEW! Personal Financial Planning: Credit 101	
NEW! Doing the Right Thing: Ethics, Advocacy, and Organizational Culture	
Anvil	
April	4/1/2026
Human Resources Bootcamp	
Human Resources Bootcamp	4/1/2026
Human Resources Bootcamp Personal Growth in Leadership Webinar Series NEW! E-Commerce Success for Small Businesses	4/1/2026 4/1/2026
Human Resources Bootcamp Personal Growth in Leadership Webinar Series NEW! E-Commerce Success for Small Businesses NEW! Living & Leading with Your Core Values	4/1/2026 4/1/2026 4/1/2026
Human Resources Bootcamp Personal Growth in Leadership Webinar Series NEW! E-Commerce Success for Small Businesses NEW! Living & Leading with Your Core Values NEW! 55+ - Family Stories Project: Part 1	4/1/2026 4/1/2026 4/1/2026 4/2/2026
Human Resources Bootcamp Personal Growth in Leadership Webinar Series NEW! E-Commerce Success for Small Businesses NEW! Living & Leading with Your Core Values NEW! 55+ - Family Stories Project: Part I HR Compliance	4/1/2026 4/1/2026 4/1/2026 4/2/2026 4/2/2026
Human Resources Bootcamp Personal Growth in Leadership Webinar Series. NEW! E-Commerce Success for Small Businesses NEW! Living & Leading with Your Core Values NEW! 55+ - Family Stories Project: Part 1 HR Compliance Effective Communication	4/1/2026 4/1/2026 4/1/2026 4/2/2026 4/2/2026 4/8/2026
Human Resources Bootcamp Personal Growth in Leadership Webinar Series. NEW! E-Commerce Success for Small Businesses. NEW! Living & Leading with Your Core Values NEW! 55+ - Family Stories Project: Part 1 HR Compliance Effective Communication NEW! Personal Financial Planning: Learning About Lending	4/1/2026 4/1/2026 4/1/2026 4/2/2026 4/2/2026 4/8/2026 4/9/2026
Human Resources Bootcamp Personal Growth in Leadership Webinar Series. NEW! E-Commerce Success for Small Businesses NEW! Living & Leading with Your Core Values NEW! 55+ - Family Stories Project: Part 1 HR Compliance Effective Communication. NEW! Personal Financial Planning: Learning About Lending. Marketing Certificate	4/1/2026 4/1/2026 4/2/2026 4/2/2026 4/2/2026 4/8/2026 4/9/2026 4/16 & 4/17/2026
Human Resources Bootcamp Personal Growth in Leadership Webinar Series. NEW! E-Commerce Success for Small Businesses. NEW! Living & Leading with Your Core Values NEW! 55+ - Family Stories Project: Part 1 HR Compliance Effective Communication NEW! Personal Financial Planning: Learning About Lending Marketing Certificate NEW! Bodily Senses and Information Processing	4/1/2026 4/1/2026 4/2/2026 4/2/2026 4/8/2026 4/8/2026 4/9/2026 4/16 & 4/17/2026 4/21/2026
Human Resources Bootcamp Personal Growth in Leadership Webinar Series. NEW! E-Commerce Success for Small Businesses NEW! Living & Leading with Your Core Values NEW! 55+ - Family Stories Project: Part 1 HR Compliance Effective Communication. NEW! Personal Financial Planning: Learning About Lending. Marketing Certificate	4/1/2026 4/1/2026 4/2/2026 4/2/2026 4/8/2026 4/8/2026 4/9/2026 4/16 & 4/17/2026 4/21/2026
Human Resources Bootcamp Personal Growth in Leadership Webinar Series. NEW! E-Commerce Success for Small Businesses. NEW! Living & Leading with Your Core Values NEW! 55+ - Family Stories Project: Part 1 HR Compliance Effective Communication NEW! Personal Financial Planning: Learning About Lending Marketing Certificate NEW! Bodily Senses and Information Processing	4/1/2026 4/1/2026 4/2/2026 4/2/2026 4/8/2026 4/8/2026 4/9/2026 4/16 & 4/17/2026 4/21/2026
Human Resources Bootcamp Personal Growth in Leadership Webinar Series NEW! E-Commerce Success for Small Businesses. NEW! Living & Leading with Your Core Values NEW! 55+ - Family Stories Project: Part 1 HR Compliance Effective Communication NEW! Personal Financial Planning: Learning About Lending Marketing Certificate NEW! Bodily Senses and Information Processing NEW! 55+ - Racquetball	4/1/2026 4/1/2026 4/2/2026 4/2/2026 4/8/2026 4/9/2026 4/16 & 4/17/2026 4/21/2026 4/29/2026
Human Resources Bootcamp Personal Growth in Leadership Webinar Series NEW! E-Commerce Success for Small Businesses. NEW! Living & Leading with Your Core Values. NEW! 55+ - Family Stories Project: Part 1 HR Compliance	4/I/2026 4/I/2026 4/I/2026 4/2/2026 4/2/2026 4/8/2026 4/9/2026 4/16 & 4/I7/2026 4/21/2026 4/29/2026
Human Resources Bootcamp Personal Growth in Leadership Webinar Series NEW! E-Commerce Success for Small Businesses. NEW! Living & Leading with Your Core Values. NEW! 55+ - Family Stories Project: Part 1	
Human Resources Bootcamp	
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Human Resources Bootcamp	
Human Resources Bootcamp Personal Growth in Leadership Webinar Series NEW! E-Commerce Success for Small Businesses NEW! Living & Leading with Your Core Values NEW! 55+ - Family Stories Project: Part 1 HR Compliance Effective Communication NEW! Personal Financial Planning: Learning About Lending Marketing Certificate NEW! Bodily Senses and Information Processing NEW! 55+ - Racquetball May Human Resources Bootcamp Personal Growth in Leadership Webinar Series NEW! 55+ - Outdoor Climbing Strategic & Adaptive Leadership NEW! 55+ - Family Stories Project: Part 2 NEW! Personal Financial Planning: Wealth Accumulation NEW! 55+ - Unmask Yourself Health Coaching Practice Certificate Substance Abuse Counselor	
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Human Resources Bootcamp	
Human Resources Bootcamp	
Human Resources Bootcamp	

Substance Abuse Counseling Program

Fall courses begin September 3, 2025, Spring courses begin January 21, 2026, Summer 2026 Courses begin May 27, 2026 | Available online Program may be taken for academic credit or non-credit.

This online, pre-credential education program sets you on the path for a Substance Abuse Counselor career and you can complete the program in just one year. Our Substance Abuse Counseling program is approved by the State of Wisconsin and fulfills education requirements (360 hours of comprehensive specialized education) necessary to sit for the licensing exam in Wisconsin.

Cost: \$599 for each 3-credit course taken as non-credit (required textbook not included).

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

Civil Law Mediation

September 4, 2025 - December 18, 2025 | Thursdays, 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.



Science of Brewing Certificate

September 8, 2025 - December 18, 2025 & January 26, 2026 - May 14, 2026 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.



Brew 101: A Sampling of Beer Styles

September 3, 2025 - December 18, 2025 OR January 21, 2026 - May, 14, 2026 (both sessions contain the same content, so register for the one that works best for you!) Wednesdays, 6-7 pm | Available via Zoom

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

Join our UW-Superior faculty and students in this virtual course to learn about the history, process, and the modern styles of beer. Topics include: history of beer making; basic brew ingredients; discussion of the brewing process; parameters that define differences in beer styles, such as aroma, flavor, color and mouth feel. Participants will be expected to purchase and sample specific beer styles throughout the course. Prerequisites: 21 years of age or older by course start date.

Cost: \$199



Certificate in Ethical Leadership

September 2025 - May 2026 | Available in person 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, T/TH, 10 - 11:15 a.m. Cost: \$599 Spring semester: Ethical Leadership, T/TH, 2:30 - 3:45 p.m. Cost: \$599.

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



Human Resource Management Certificate

October 2, 2025 - April 2, 2026 | 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 option. 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 | 10/2/2025 Performance Management | 11/13/2025 Talent Acquisition | 12/4/2025 Employee Engagement | 1/22/2026 Diversity & Inclusion in the Workplace | 2/5/2026 Total Compensation | 3/5/2026 HR Compliance | 4/2/2026

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.



NEW! Foundations of Workplace Success & Service Excellence

October 7, 2025 - December 2, 2025 | Tuesdays, 8:30 am - 3:30 pm | Available in person

Foundations of Workplace Success & Service Excellence is a dynamic three-part series designed to equip professionals with the essential skills to thrive in today's workplace. Participants will build critical competencies in workplace communication, collaboration, conflict resolution, and service excellence. By the end of the program, participants will leave with practical strategies and a personal action plan to enhance their professional impact and contribute meaningfully to their organization. This program is ideal for early-career professionals, staff in service or support roles, or anyone looking to strengthen these vital workplace skills.

Workshops:

Building Strong Workplace Foundations | 10/7/2025 Communication & Conflict Resolution within the Workplace | 11/4/2025 Service Excellence & External Engagement | 12/2/2025

Cost: \$449

NEW! E-Commerce Success for Small Businesses

October 9, 16, 23, and 30, 2025 | Thursdays, 10 am - Noon | Available in person or April 1, 8, 15, 22, 2026 | Wednesdays, 10 am - Noon | Available via Zoom (Both sessions contain the same content, so register for the one that works best for you!)

This comprehensive series of e-commerce classes is designed to help small business owners successfully launch and grow their online stores. Participants will learn the critical components of building a strong e-commerce presence, including creating and optimizing a professional website, developing effective packaging and shipping strategies, understanding key legal requirements such privacy policies and consumer protection laws, and exploring proven e-commerce marketing techniques to attract and retain customers. Whether you're just getting started or looking to improve your existing operations, these classes provide practical tools and insights to drive online success.

Cost: \$199





NEW! Leading with Integrity, Values, and Emotional Wisdom

October 15, 2026 - April 1, 2026 | Wednesdays, 8:30 am - 3:30 pm | Available in person

Leading with Integrity, Values, and Emotional Wisdom is a dynamic, multi-session workshop series designed to cultivate emotional intelligence and ethical leadership. Participants will engage in self-assessments, reflective exercises, and interactive discussions to explore key emotional intelligence components such as self-awareness, assertiveness, empathy, and stress tolerance. Through real-world applications, role plays, and guided practice, the series builds toward understanding the role of values and integrity in leadership. Each session deepens participants' ability to lead with authenticity, navigate workplace dynamics, and foster inclusive, values-driven environments.

Workshops (may be taken together or individually):

Unlocking You: Emotional Intelligence and the Power of Self-Insight | 10/15/2025
The Courage to Connect: Assertiveness, Empathy, and Equity at Work | 11/19/2025
Calm, Capable, and Confident: Building Emotional IQ for Workplace Success | 12/10/2025
The Heart of Leadership: Emotions, Empathy, and Ethics | 1/21/2026
The Core of Character: Values that Guide Leadership | 2/11/2026
Doing the Right Thing: Ethics, Advocacy, and Organizational Culture | 3/19/2026
Living & Leading with Your Core Values | 4/1/2026

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



Human Resource Development Certificate

October 23, 2025 - February 19, 2026 | 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 a range of topics. 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 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 professionals in the HR field.

Workshops (may be taken together or individually):

Strategic Leadership | 10/23/2025
Collaborative Communication for Team Building & Conflict Resolution | 11/20/2025
Workforce Planning & Analytics | 12/11/2025
Workplace Investigations | 1/29/2026
Labor Relations & Negotiation | 2/19/2026

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



NEW! Community Changemaking

October 28, 2025 - May 26, 2026 | 8 am - 2 pm | Available in person

Join this cohort-based program designed to empower individuals passionate about building healthier, more equitable communities. Through interactive sessions on topics like systems thinking, financial landscapes, data-informed decision-making, and alternative care models, participants will gain practical tools and insights to drive meaningful change. Facilitated by experienced leaders and guest experts, this program encourages collaboration, critical thinking, and bold visioning — equipping changemakers to move from ideas to action.

Cost: \$889

How to Handle Tough Conversations

October 28, 2025 | 8:30 am - 3:30 pm | Available in person

This workshop builds essential skills for navigating tough conversations with clarity, confidence, and compassion. Participants gain practical tools to manage conflict, offer feedback, foster trust, and support inclusive, growth-focused environments in both personal and professional settings.

Cost: \$149

Creating, Maintaining, and Sustaining Meaningful Relationships

October 29, 2025 | 8:30 am - 3:30 pm | Available in person

This workshop helps participants build meaningful relationships through self-awareness, trust, and communication. Learn to connect across roles, handle rejection, and confidently navigate networking. Strengthen personal and team dynamics to create more authentic, productive work environments.

Cost: \$149

NEW! Marketing Strategy Navigator

November 6, 2025, February 11, 2026, or May 6, 2026 | Available in person (All sessions contain the same content, so register for the date that works best for you!)

Whether you're new to marketing or refining your approach, this fun, hands-on workshop helps you build a clear, revenue-focused strategy using the gamified Marketing Navigator Deck. Developed by The Cultural North, this session turns planning into an engaging, collaborative experience—and you'll leave with a ready-to-implement marketing plan tailored to your business.

To receive the Marketing Strategy Navigator Certificate, you must complete this workshop and come ready to think strategically—and have a little fun along the way.

Cost: \$115

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Intensive Leadership

November 10-13, 2025 | Available in person

Step away from the day-to-day and invest in your growth as a leader. This immersive, 4-day overnight retreat at Minnesuing Acres in Lake Nebagamon, WI, is designed for mid-level managers looking to deepen their leadership impact, connect with peers across industries, and walk away with a clear, actionable plan.

Through facilitator-led sessions, you'll explore key topics such as communicating for engagement, building high-performing teams, conflict management, strategy and change management, organizational culture, and more. Participants will identify personal strengths, sharpen strategic thinking, and cultivate a leadership approach that fosters engagement, trust, and accountability.

Cost: \$3.300

"It was a great opportunity to grow my leadership skills. The speakers were engaging and entertaining, and the venue was excellent.

- 2025 Intensive Leadership Participant



Organizational Leadership Certificate

February 11, 2026 – June 10, 2026 | 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 functional strategies to gaining a better understanding of organizational leadership, you'll develop capacities to directly impact the success of your organization. Best of all, the leadership organizational skills you'll gain will strengthen your impact beyond the workplace.

Workshops (may be taken together or individually):

The Inner & Outer Work of Leadership (2 days) | 2/11 & 2/18/2026 Building Trust | 3/11/2026 Effective Communication | 4/8/2026 Strategic & Adaptive Leadership | 5/6/2026 Organizational Culture & Change (2 days) | 6/3 & 6/10/2026

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

NEW! Executive Leadership Accelerator: Skills, Strategy, and Connection

February 2026 - June 2026 | Wednesdays, 8:30 am - 12:30 pm | Available in person

This in-person half-day workshop series provides senior leaders with practical strategies and insights on high-impact topics, fostering ongoing leadership growth. Each four-hour session includes three hours of engaging content followed by a one-hour networking lunch, offering valuable opportunities to build and strengthen cross-industry connections. Participants can register for three sessions or as a comprehensive series.

Workshops:

Advanced Strategic Decision-Making for Executives | 2/25/2026 Resilient Leadership for Sustainable Performance | 3/25/2026 Leading High-Performing Multifaceted Teams | 4/15/2026 Strategic Finance for Non-Financial Leaders | 4/29/2026 Empower & Elevate: Feedback for High-Impact Leadership | 5/27/2026 Communicating Vision and Leading Transformation | 6/17/2026

Cost: \$360 for three sessions or \$720 for the full series - lunch is included with both options.



Venture Home Superior - Level Up! Pre-seed Accelerator

Starts February 2026. An action-oriented, five-month program to help founders take the next step with their scalable business idea.

What You'll Get:

- Access to local & statewide entrepreneurial resources
- Six months of free coworking space & access to VentureHome events
- · Eligibility to apply for the WiSys VentureHome fund
- Office hours with professionals in finance, legal, intellectual property, marketing, sales, & more
- · Access to the VentureHome Mentor Network through VentureHome Connect

For more information please contact:

Dr. Jennifer Garland, SBDC Liaison jgarlan2@uwsuper.edu

GET 10% OFF

non-credit programs with promo code CCE10C by 9/2/25*

*Some exclusions apply.

NEW! Personal Financial Planning

March 12, 2026 - June 4, 2026 | Thursdays, 8:30 am - 3:30 pm | Available in person

Join us for a four-part workshop series designed to empower individuals of all backgrounds with essential financial knowledge and skills. Ideal for students, professionals, and curious learners looking to enhance their financial literacy, these workshops equip you with the tools to manage your finances effectively and prepare for a secure future.

Workshops (may be taken together or individually):

Credit 101 | 3/12/26

Learning About Lending | 4/9/26

Wealth Accumulation and Retirement Planning | 5/7/26 & 6/4/26

Cost: \$149 per workshop day, \$129 per workshop day if enrolled in all four sessions.



Marketing Certificate

April 16 & 17, 2026 | 8:30 am - 3:30 pm | Available in person

Unlock the potential of your brand with this 2-day Marketing Certificate Program. Designed for business owners, marketers, professionals, and newcomers to the world of marketing, this program equips participants with essential marketing strategies through engaging workshops. This program leaves participants with a well-rounded understanding of modern marketing techniques, practical skills, and a ready-to-implement action plan.

Two tracks are available: One geared for beginners (0-3 years of experience) or intermediate (3+ years of experience). There will be keynote sessions where all attend, and workshops tailored to each track that are presented by local marketing experts.

Cost: \$399

Health Coaching Practice

May 27, 2026 - August 7, 2026 | 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.

Virtual Self-Paced Virtual Self-Paced



Personal Growth in Leadership Webinar Series

July 2025 - June 2026 \mid Access to the five webinars will be available upon registration and be provided for a minimum of 30 days \mid 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. Participants who successfully complete the program will receive a digital badge.

Cost: \$79

Human Resources Bootcamp

July 2025 - June 2026 | Month long-24/7, available on the first day through the last day of the registration month | Online

Interactive and fast-paced, this eight-part on demand webinar series is designed for leaders, entrepreneurs, and teams. This webinar series is designed to provide the human resource (HR) tools and knowledge you need to avoid costly HR mistakes & stay out of legal hot water, and build your skill set to make SMART decisions. Fast-track your success with time-tested, real-world tips and tools. Stay mission-driven and capitalize on the most valuable part of your organization: your employees. Grow your profits and tap into the competitive advantage of engaged productive and skilled talent.

Cost: \$59

VESI - Continuing Education for K-12 Educators

VESi (Virtual Education Software) offers completely online workshops providing Continuing Education Units (CEU) for K-12 educators with curriculum geared to those who already have a bachelor's degree and are seeking noncredit, professional development at the next level. We offer a variety courses from advanced classroom management, reading and writing, early childhood, and varying student abilities. For a full list of available virtual courses visit the workshop description page.

Fees range from \$265-\$285

Register and learn more at: virtualeduc.com/uws

NEW! Certified Credit Counselor & Certified Financial Health Counselor

Becoming a certified credit counselor with a specialty in financial health indicates that you have achieved a standard of excellence in training for the credit counseling industry.

This course bundle provides a foundation to work in various counseling disciplines such as housing counselor or student loan counselor. You will learn how to coach your clients in building strong credit, spending analysis, improving money management behaviors, and more. Demonstrating your knowledge of core financial and credit concepts will help you best serve and attract clientele in need of credit counseling.

Upon successful completion of this course and passing the examinations you will receive a Financial Health Counseling Certification and Credit Counseling Certification from the National Association of Certified Credit Counselors.

Register at: ed2go.com/superior | Cost: \$3,195

NEW! Introduction to Artificial Intelligence

For decades, artificial intelligence (Al) has been a staple of science fiction stories, but thanks to modern advances in computational capacity and storage capabilities, it's becoming a reality. Today, there are examples of artificial intelligence all around us. The purpose of this course is to provide you with an artificial intelligence practical knowledge foundation.

This course will introduce you to various forms of artificial intelligence (AI) and how we interact with AI as consumers in applications like chatbots and recommendation engines. You'll see how AI provides analytics in business and consider industries that may be transformed or even disrupted by AI implementations. You'll go under the hood to see how computers can "learn" using artificial neural networks and various forms of machine learning. You will review AI applications such as natural language processing, forecasting, and robotics. You'll also learn about the AI development process and how AI will affect the workforce. Finally, you'll consider some of the ethical factors in AI deployment.

Register at: ed2go.com/superior | Cost: \$129



Lifelong Learning Membership

Thanks to the strong interest last year, we've expanded our offerings and are continuing our membership option. Members can enjoy a wide range of engaging programs, covering everything from active living to personal growth.

Membership includes day-long parking passes for on-campus programs and early updates through our email list. We also offer flexible program options to fit a variety of interests and schedules. Participants may register for individual workshops, choose a half-year membership, or enroll for the full year.



While our programs are designed with adults aged 55 and older in mind, we welcome all participants aged 18 and above.

NEW! Group Travel: Experience The World and Make New Connections

August 20, 2025 | 10 am - Noon | Available in person

The UW-Superior Alumni & Friends Foundation invites you to see the world! Learn all about upcoming adventures to the top destinations in the United States and beyond. Each group tour, brought to you by Collette, is designed to enrich the educational, cultural, and intellectual experiences of travelers. They make travel easy and affordable, with carefully planned trips at an exceptional value. 2026 tours include Croatia, Africa, Great Britain & Ireland, and Arizona & Utah.

Cost: FREE

NEW! (Re)connecting within our Ecosystem

September 2, 9, 16, 23, 2025, 8:30-10 am and September 27, 2025, 8:30 am-12:30 pm Available in person

Over four weeks, this program will provide tools to ground yourself in the natural world – right where you are. With a focus on local plants, animals, and seasonal shifts, we'll begin by observing what's just outside our door, then gradually widen our lens to see how it all fits into the larger ecological story. Through shared resources and rich visual storytelling (presented in both spoken English and basic ASL), this immersive naturalist program equips you with tools to keep exploring after this program ends. This program will conclude with a half-day park outing. Slow down, tune in, and grow your connection to the land we call home.

Non-Member Cost: \$100

NEW! Skating

September 23, 2025, 1:30 - 3 pm | Available in person

Join our Skating Program for a fun and active way to build confidence on the rink. Each session starts with a quick overview of basic skating skills, then moves into practice. The program welcomes both beginners and experienced skaters. All equipment will be provided.

Non-Member Cost: \$15

Evolution of Western Music

September 25, 2025 & October 2, 9, and 16, 1 - 3 pm | Available in person

In this 4-session course, participants will experience a big-picture view of how musical styles evolved in Western music to present time. Beginning with the study of the elements of music, through guided listening experiences, discussion, comparisons, and learning techniques that support the development of understanding in music, participants will further develop their abilities to perceive musical phenomena during listening experiences, expand their knowledge in the primary music styles and composers in Western music history, and deepen their knowledge and understandings in the connections between styles.

Non-Member Cost: \$80

NEW! Beginner's Yoga

October 2, 9, 16, & 23, 2025 and January 8, 15, 22, 29, 2026, 9-10:00 am | Available in person

Beginner's Yoga offers an opportunity to explore the basics of movement, breath, and mindfulness in a supportive and welcoming environment. Each session introduces simple poses and techniques to build strength, flexibility, and relaxation. No experience necessary.

Non-Member Cost: \$40 for October or January; \$80 for both months

NEW! Crying in H Mart Book Club

October 8, 15, 22, 29, 2025 | 10-11 am | Available online

Join us for a discussion of *Crying in H Mart* by Michelle Zauner, a moving memoir about family, food, grief, and identity. In this bestselling book, musician Michelle Zauner recounts her experience growing up Korean American, her complex relationship with her mother, and the loss she faces after her mother's death. Through stories of food, culture, and caregiving, *Crying in H Mart* explores how we hold on to love, memory, and tradition in the face of change. Participants are encouraged to engage in deep reflection and share their own memories of food, culture, and caregiving as we discuss this book. Books are provided.

Non-Member Cost: \$40

NEW! Finding Your Narrative

October 8, 15, 22, 2025, 5-7 pm | Available in person

Memoirs and creative nonfiction explore themes of being human through personal narratives. While deeply personal, they have threads of truth woven throughout their pages. We will harness your funny, dark, or intriguing experiences in order to generate impactful prose! This three-week course will explore the craft of expressing identities, navigating grief, and better understanding mental health through writing. Each week will have thematic reading excerpts. We will analyze and discuss these examples and thus identify how the narrative effectively relates to readers. After reading and analysis, you will be provided with prompts and free writing time. There will be group feedback and time for community building.

Non-Member Cost: \$60

Exploring the Arts

October 23, 30 & November 6, 2025, 1 - 3:30 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. 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.

Non-Member Cost: \$45 (cost of materials included)

Navigating Family Conflict

October 24, 31 & November 7, 14, 21, 2025, 10 am - Noon | Available online

Every person wants to be understood and appreciated. Conflict in close relationships often arises when we feel one of these things is not true. In this session, we will discuss strategies for navigating conflict in close relationships successfully, with a special focus on conflict between parents and children– both youth and adult. We will also discuss how to heal past conflicts that have had a lasting effect on our relational bonds.

Non-Member Cost: \$100

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NEW! Embracing Gender at Any Age

November 5 & 12, 2025, 9-11 a.m. | Available in person

This educational space will provide basic understanding of gender identity, expression, roles, and norms to better understand oneself and others. Through open dialogue, participants can share experiences, gain insights, and connect with others in a welcoming community. Participants will be able to understand how their own lived experiences connect with concepts of gender and further explore their own embodiment of gender.

Non-Member Cost: \$40

Indoor Climbing

December 3 & December 10, 2025, 2-3:30 pm | Available in person

Join us to learn and practice climbing skills at the UWS Marcovich Wellness Center. In the first session, get a hands-on tutorial on our campus climbing wall, covering basics, safety, and technique. The second session offers a chance to apply your new skills with continued guidance. This series is an intergenerational opportunity with UW-Superior students participating.

Non-Member Cost: \$30

Snowshoeing

Dates to be determined based on weather | Available in person

Embark on a winter journey with a hands-on lesson in snowshoeing techniques and safety, then head out on a guided trail to practice your new skills. Enjoy a fun, scenic journey through snowy landscapes and build the confidence to explore winter trails on your own. Transportation and gear will be provided.

Non-Member Cost: \$10

Skiing

Dates to be determined based on weather | Available in person

Get ready to hit the cross-country skiing trails. This program kicks off with a lesson on skiing fundamentals, including techniques and safety. Afterward, enjoy a guided practice session on a local trail, with transportation and gear provided for your convenience. Perfect for beginners eager to learn and explore the thrill of outdoor skiing!

Non-Member Cost: \$20

@uwsupercontinuingeducation

NEW! Drumming: An Exploration of the World of Rhythm

February 6, 20, 27, & March 6, 2026, 9-10:30 am | Available in person

Join us for a 4-week journey through the realm of rhythm and explore musical traditions from around the world. Participants will explore drumming basics and a variety of musical styles while engaging in hands-on music making. This program promises a fun and interactive experience that connects rhythm and culture!

Non-Member Cost: \$60

Functional Nutrition and Movement

February 19, 26, & March 5, 2026, 2:30-4 pm | Available online

Join this transformative program focusing on optimizing health through targeted nutrition. This engaging three-session series covers enhancing brain, gut, and liver health; managing hormonal changes such as stress, menopause, and andropause; and using food to address chronic diseases, inflammation, and support mental well-being. Participants will gain essential, science-backed strategies and practical tools to thrive and enhance their well-being in this vibrant stage of life.

Non-Member Cost: \$45

NEW! Family Stories Project: Part 1

April 2, 9, 16, 23, 30, 2026, 10-11 am | Available online

Storytelling weaves a tapestry of shared history that binds families and grounds individuals, fostering resilience, belonging, and purpose. It equips people to face life's challenges with a sense of rootedness and support, while preserving cultural and moral legacies for future generations. In this two-part session we will explore the transformative power of narrative storytelling within the context of family. This two-part session delves into how family stories shape individual and collective identity, fostering deeper bonds and resilience.

In Part I of this session we will discuss family and intergenerational storytelling from a theoretical perspective, delving into how family stories shape individual and collective identity, fostering deeper bonds, resilience, and purpose within families and communities that span generations. We will discuss the various types of family stories, as well as the research evidence for how and why storytelling is beneficial to our health and well-being on both an individual and cultural level.

Non-Member Cost: \$50

NEW! Bodily Senses and Information Processing

April 21, 2026 | 2-3:30 pm | Available in person

This interactive workshop will consider how bodily sensations (our physical and emotional responses) interact with the way we engage with media and information. Participants will examine how sensory experiences (like feelings of stress, excitement, happiness, anger, or discomfort) can influence our attention, interpretation, and critical thinking processes when we engage with information. Through interactive exercises, activities, and open discussions, participants will become more aware of how their bodies may influence and reflect their information processing and media habits. Participants will develop approaches for navigating information environments with greater mindfulness, awareness, and critical insight.

Non-Member Cost: \$15

NEW! Racquetball

April 29, 2026, 3-4:30 pm | Available in person

Join our Racquetball Program for a fun and active way to build confidence on the court. This session will begin with a brief overview of basic racquetball skills, followed by guided practice and gameplay. The program welcomes both beginners and experienced players. All equipment will be provided.

Non-Member Cost: \$15

NEW! Outdoor Climbing

May 6 & 13, 2026, 10 am-Noon | Available in person

Join us to learn and practice climbing skills in an outdoor setting. In the first session, you'll receive a hands-on tutorial, focusing on basics, safety, and technique. The second session offers more practice time outside with real rock experience.

Non-Member Cost: \$20



NEW! Family Stories Project: Part 2

May 7, 14, 21, 28 & June 4, 2026, 10-11 am | Available online

Storytelling weaves a tapestry of shared history that binds families and grounds individuals, fostering resilience, belonging, and purpose. It equips people to face life's challenges with a sense of rootedness and support, while preserving cultural and moral legacies for future generations. In this two-part session we will explore the transformative power of narrative storytelling within the context of family. This two-part session delves into how family stories shape individual and collective identity, fostering deeper bonds and resilience.

Part II of this session will be project based, as we practice successful interview techniques and learn how to use our interactions with family and close relational partners to gather and understand our own family and individual narratives. This project will focus on interviewing family members to collect and preserve these meaningful narratives. Participants will learn to craft and share stories that strengthen family ties and personal legacy. This course offers a unique opportunity to connect generations and celebrate the enduring impact of storytelling

Non-Member Cost: \$50

NEW! Unmask Yourself

May 21, 2026 | 2-5:00 pm | Available in person

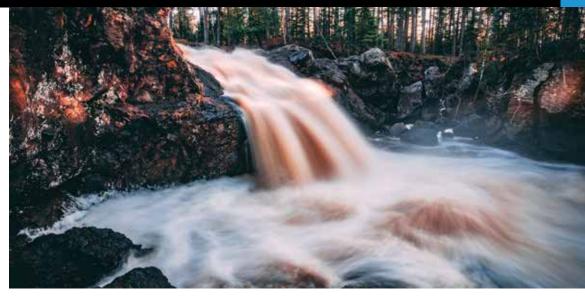
Join us for a creative and contemplative retreat where you'll craft a personal mask while exploring themes of identity, self-expression, and inner reflection. Through guided activities and quiet moments, this hands-on experience invites you to explore the stories we show—and those we hide—behind the masks we wear.

Non-Member Cost: \$40

"The entire class was helpful. The instructor was very patient and went over safety precautions with us many times."

-Climb On Participant





ROAD SCHOLAR

Program 24850: A Superior Exploration: Lake Superior's History & Ecology Four date ranges to choose from:

Jun 21 - Jun 26, 2026 | Jul 19 - Jul 24, 2026 | Aug 2 - Aug 7, 2026 | Aug 16 - Aug 21, 2026

"Superior" learning awaits on this adventure through northern Wisconsin's natural wonders — explore the ecology and human history of this fascinating Great Lake!

At a Glance

From Lake Superior's glacial and tectonic geology to its significance to indigenous peoples and importance to environmental research, the largest freshwater lake in the world makes a fascinating study. Embark on a journey exploring western and southern Lake Superior, including a history of the Twin Ports, field trips to historical sites and presentations by local indigenous elders and historians. Enjoy hands-on learning experiences, wading in the rivers of the Brule River State Forest to catch and identify aquatic creatures and exploring natural wonders through canoeing and hiking!

What You'll Learn

Investigate freshwater ocean ecology through the University of Wisconsin-Superior's Lake Superior Research Institute Floating Classroom, a new hybrid research and educational vessel. Learn from park experts about the rich geology and ecology of Amnicon Falls State Park, Pattison State Park and Jay Cooke State Park. Explore the indigenous history of the area through presentations from a local tribal historian and tribal environmental scientist.

Activity Level

Keep the Pace (I like to spend most of the day exploring. Whether walking historic neighborhoods at a moderate pace or out and about on a coach, I want my days full. Stairs don't bother me, and I love to keep up with the group.)



Scan QR code for more info and to register



Leadership Superior/Douglas County Program

August 2025 - June 2026

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/lsdc to learn more and secure your spot today.

Coming Soon! Youth Leadership Superior/Douglas County Program

The Youth Leadership Superior Douglas County program, formerly managed by the Superior Chamber of Commerce, is being revitalized through a collaboration between UW-Superior's Center for Continuing Education, Superior High School, and various community partners. This program is designed to connect students with local businesses, government entities, and educational institutions, providing them with invaluable in-person experiences and mentorship from community leaders. This will empower students by showcasing local opportunities, nurturing their sense of civic pride, and helping them build meaningful connections that will benefit their future endeavors. By fostering civic pride and community engagement, the Youth Leadership program hopes to cultivate the next generation of leaders in Douglas County.

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.



Your Goals, Our Expertise

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.

We have delivered customized professional development on the following topics:

 $\label{lem:lemonton} Leadership \cdot Supervisory\ Management \cdot Emotional\ Intelligence \cdot Psychological\ Safety$ $\ Data\ Science\ Secondary\ Trauma \cdot Social\ Work\ Ethics \cdot Trust\ and\ Communication$ $\ Chemistry\ of\ Fuels\ \cdot\ Human\ Resources$

We have served the following organizations:

ALLETE, Douglas County Health and Human Service, Essentia Health St. Mary's Hospital-Superior, Northwestern Wisconsin Electric Company, City of Two Harbors, and Superior Choice Credit Union.

With a diverse network of content experts, we are poised to offer much more on subjects relevant to your goals.



"The facilitator helped us navigate our first policy training with ease! We will definitely be using CCE in the future! Thank you!"

- 2025 Customized Training Participant

Collaborative Degree Programs

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UW Online Collaborative programs are focused on the needs of employers in the most in-demand industries. You will graduate with the skills and knowledge needed to succeed in the ever-evolving workforce.

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Programs through the University of Wisconsin-Superior include:

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- · Master of Science in Data Science
 - · Data Science Graduate Certificate
- · Master of Science in Health and Wellness Management
 - · Foundations of Health and Wellness Graduate Certificate
 - · Leadership in Health and Wellness Graduate Certificate
 - Improving Health with Data and Policy Graduate Certificate
- Master of Science in Information Technology Management
 - Enterprise Infrastructure Graduate Certificate
 - IT Leadership Graduate Certificate
 - · IT Operations Graduate Certificate
- · Bachelor of Science in Sustainable Management
 - · Environmental Sustainability Undergraduate Certificate
 - · Sustainable Enterprise Undergraduate Certificate
- · Master of Science Sustainable Management
 - · Climate Leadership Graduate Certificate
 - Environmental, Social, and Governance (ESG) Graduate Certificate
 - Sustainability and Well-being Graduate Certificate

Learn more at uwex.wisconsin.edu.

Independent Learning

Universities of Wisconsin Independent Learning offers a more convenient way for you to meet your goals through a large catalog of online and distance learning courses.

The following courses are facilitated through UW-Superior:

- · U350-201 Intermediate Composition: The Essay: Inspiration, Order, and Insight
- · U400-101 French 101: First Semester French
- U400-102 French 102: Second Semester French
- U400-203 French 203: Third Semester French
- · U400-204 French 204: Fourth Semester French
- U448-393 The Civil War Era, 1848-1877
- · U601-110 Introduction to Communication
- U660-101 Appreciation and History of Music
- U912-101 Spanish 101: First Semester Spanish
- U912-102 Spanish 102: Second Semester Spanish
- U912-203 Spanish 203: Third Semester Spanish
- · U912-204 Spanish 204: Fourth Semester Spanish

Learn more at il.wisconsin.edu.

The University of Wisconsin-Superior's Pruitt Center for Mindfulness and Well-Being supports students and employees by providing classes, workshops, events, and a small space for discussions, homework, and mindfulness practices. Located in Swenson Hall, Room 3117, the Pruitt Center features a quiet seating area and resource library. Anyone is welcome to use the space and check out resources.

Outside of campus, we offer micro-credential classes and workshops for groups, businesses, and organizations. We work with various groups to create specialized workshops and programming that is needed. This can be for K-12 students, teachers, sports teams, and non-profits. The goal is to help meet any need in decreasing stress, increasing self-awareness and improving well-being.

Virtual Speaker Series: Anna Lembke Dopamine Nation Finding Balance in the Age of Indulgence

October 14, 2025 | 4:30 - 6 p.m. | Available via Zoom

This is a time of unprecedented access to high-reward, high-dopamine stimuli: drugs, food, news, gambling, shopping, gaming, texting, Facebooking, Instagramming, YouTubing, tweeting. The increased numbers, variety, and potency are staggering. As such, we've all become vulnerable to compulsive overconsumption. Yet it is possible to find contentment and connectedness by keeping dopamine in check. In this talk, Professor Anna Lembke provides a practical, science-informed approach to addressing compulsive overconsumption in our dopamine overloaded world.

Cost: \$295

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



THE SADIE ANN

Sadie Ann is a custom-built education and research vessel designed to expand access to the St. Louis River and Lake Superior. Sadie Ann is managed by the UW-Superior's Lake Superior Research Institute and is available for use by teachers, researchers, organizations, and businesses.

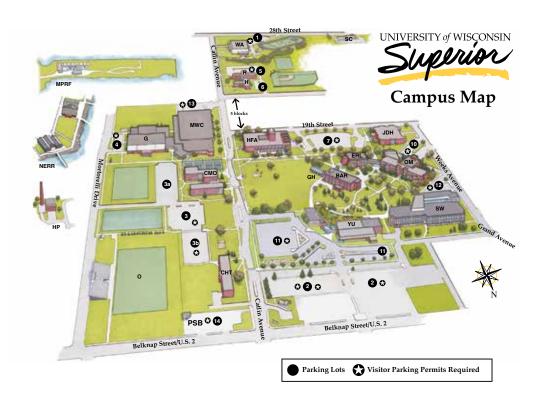
Certified as a passenger vessel by the United States Coast Guard, *Sadie Ann* is a stable, hybrid-drive catamaran with wet and dry research labs, an A-frame winch, and water-level platforms for diving and sampling. The vessel's upper deck has a 300-square-foot multi-purpose cabin with flexible seating and large windows. Heat and air-conditioning in the labs and cabin, as well as a reinforced hull, allow for comfortable and safe operations, even in light winter conditions.

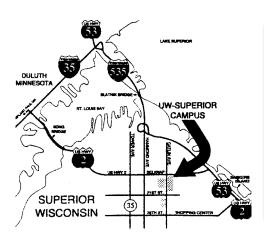
Teachers can use the *Sadie Ann* to support lessons of their own design, or they can register their students for educational programs offered by the Lake Superior Research Institute. Researchers can use *Sadie Ann* to gather data and conduct experiments in the lower stretches of the St. Louis River or in the waters of western Lake Superior. And, organizations or businesses can use *Sadie Ann* for trainings, team building, outreach, or promotional activities. Staff at the Lake Superior Research Institute are also available to assist with the development of custom programs.

For more information or to reserve time on *Sadie Ann*, contact the vessel's program manager, Alan Brew, at 715-394-8339 or sadieann@uwsuper.edu.



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





Visitor Information

Superior/Douglas County Visitors Bureau 205 Belknap St. Superior, WI 54880 715-394-7716 or 1-800-942-5313 visitsuperior.com

Visit Duluth 225 W. Superior St., Suite 110 Duluth, MN 55802 1-800-438-5884 visitduluth.com

For more information: uwsuper.edu/maps

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