**Staff Development/Flex Meeting**

**Wednesday, 2-2-22 2:30pm – 3:30pm**

1. **Review Minutes from 1-19-22**

**II. Updates**

A. CSEA

B. MCC

 C. Technology

 D. Leadership Academy

 E. Distance Education

 F. Professional Presentation Proposal Update

 G. AB 361 – Monthly confirmation of need to meet remotely due to Pandemic

 H. CRRSSA Request

 I. Other

**III. Grant Review** – Rio Raices Workshop

**IV. Spring Events**

A. Podcast Proposal – Tina Cuperman (see below)

 B. Rio Star Nomination

 C. R & R – Friday, April 8th, 11:00am-2:00pm

 D. Leadership Academy Alumni/Recruiting Event 3/18/22

 E. Other

  **FLEX Meeting**

**I. FLEX Request – Ryan Bronkar (see below)**

**II. Initial Spring FLEX Day Feedback**

**III. Other**

RIO Talks Proposal: From Traffic to Treadmill: Health and Fitness during COVID-19

I'd like to share my own journey through health and fitness and hopefully inspire others who have been through the quarantine and COVID to take better care of themselves and their health.

I have worked in the fitness industry for over a decade. I've taught fitness classes ranging from yoga to bootcamp, including at institutions of higher ed. I strongly believe in the mind/body connection.

Ryan Bronkar request - I am thinking about working toward getting a Master's in Statistics.  My plan is to do some of the study a year prior to enrolling in the course otherwise I won't be able to keep up with work at Rio and the coursework.  For example, I might study some of the material this year and take the course next year.  Is it considered double-dipping if some of my preparation this year could be written up for FLEX credit for this year and then next year I would actually enroll in the course?  My intent is to use this coursework for column advancement, but it would not be during the concurrent year in which the FLEX credit was requested.