FY 2023 ROCKY MOUNTAIN LEADERSHIP ACADEMIES

The Colorado Federal Executive Board is honored to offer the Rocky Mountain Leadership Academies for FY2023. Please consider registering for one of these career-altering programs.

Rocky Mountain Executive Leadership Academy (RMELA)
January –September 2023 | In-person & Virtual Sessions | Cost: $6,000 per attendee

The Rocky Mountain Executive Leadership Academy (RMELA) develops, strengthens, trains, and equips executive leaders to reach new heights of leadership effectiveness and productivity. In-depth focus is given to areas such as strategic planning, program service delivery, financial understanding, talent management, communication and influence skills, ethics, decision making and executive presence.

The RMELA puts leadership knowledge into action. It consists of four in-person three-day sessions along with 3 individual coaching sessions from January through September. Leadership development professionals offer interactive sessions while providing meaningful coaching, leading to effective project development planning for real-world leadership opportunities.

Who Should Attend RMELA: Federal/State/Local government, military and private sector executive/senior leaders interested in making a difference in their organization. RMELA participants have demonstrated leadership and have the potential to achieve even more. We are seeking motivated leaders from diverse professional backgrounds.

For an overview of the program and registration process, visit: https://www.eventbrite.com/e/rocky-mountain-executive-leadership-academy-2023-tickets-406530041297

2023 Dates:

Month 1   January 23-25, 2023 | In-Person
Month 2   February 15, 2023  | Virtual half-day
Month 3   March 20-22, 2023  | In-Person
Month 4   April 20, 2023    | Virtual half-day
Month 5   May 15-17, 2023   | In-Person
Month 6   June 13, 2023     | Virtual half-day
Month 7   July 31-Aug 2, 2023  | In-Person
Graduation September 8, 2023 | In-Person

Rocky Mountain Senior Leadership Academy (RMSLA)
April – September 2023 | In-person & Virtual Sessions | Cost: $5,000 per attendee

Senior leaders are challenged with working smarter to balance the demands of organizational process, empowering staff, prioritizing the urgent and leveraging knowledge and technology to facilitate innovation to more effectively deal with modern issues. A deeper dive is taken in this program putting knowledge into action.

This program will work to aid participants in creating heightened self-awareness and leverage their natural strengths helping them find ways to address their developmental areas in a positive, productive way. In-depth focus is given to areas such as change management, teams and team development, conflict resolution, talent management, emotional intelligence and resiliency, communication and influence skills, critical thinking and decision making.

Ongoing coaching and the creation of an Individual Plan is offered to serve as a springboard for implementing new-found knowledge and action plans back on the job.

Who Should Attend RMSLA: Federal/State/Local government, military and Private sector newly appointed or recently promoted mid-level leaders who seek to enhance their overall effectiveness and performance. Existing mid-level leaders who want to sharpen their existing skillset.

For an overview of the program and registration process, visit: https://www.eventbrite.com/e/rocky-mountain-senior-leadership-academy-2023-tickets-406534294017

2023 Dates:

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<thead>
<tr>
<th>Month</th>
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<tr>
<td>Month 1</td>
<td>April 17-19, 2023</td>
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<td>Month 2</td>
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<td>Month 4</td>
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<tr>
<td>Graduation</td>
<td>September 8, 2023</td>
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Rocky Mountain New Supervisor Training Academy (RMNSTA)
April – September 2023 | In-person Sessions | Cost: $2,995 per attendee

This training will equip you with proven supervisory techniques that you can put into action immediately. You will learn to leverage both your hard skills and your people skills to meet your new challenges with increased confidence and respect. Discover new insights and practice techniques to communicate effectively, engage and motivate employees, overcome generation gap issues, hold collaborative meetings, resolve conflict, develop high performing teams and more.

The various sessions provide an overview of today’s dynamic work environment, issues affecting organizations, and ways that supervising leaders are responding. This program includes aiding participants in formulating an Individual Development Plan (IDP) along with a focused coaching session to serve as a roadmap for implementing program learnings.
Who Should Attend RMNSTA: Federal/State/Local government, military and Private sector newly promoted or recently promoted emerging leaders who seek to enhance their overall effectiveness and performance. Existing leaders at supervision levels who want to sharpen their existing skillset. This class is designed to give employees the necessary tools to become dynamic and effective leaders in their organizations.

For an overview of the program and registration process, visit: https://www.eventbrite.com/e/new-supervisor-training-academy-2023-tickets-406549700097

2023 Dates:

Month 1 April 20-21, 2023 | In-Person
Month 2 June 15-16, 2023 | In-Person
Month 4 August 17-18, 2023 | In-Person
Graduation September 8, 2023 | In-Person

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**FEDERAL PROTECTIVE SERVICE TWITTER ACCOUNT**

FPS has a launched a Twitter account, with plans to join other social media platforms in the near future. @FPSDHS | https://mobile.twitter.com/FPSDHS

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**2022 FEDS FEED FAMILIES FOOD DRIVE - VIRTUALLY**

June 27 - September 30, 2022
https://fedsfeedfamilies-usfs.hub.arcgis.com/

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**OPM**

Safer Federal Workforce
https://www.saferfederalworkforce.gov/new/

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**CALENDAR EVENTS**

**WHATS IN YOUR FEDERAL RETIREMENT WALLET - Virtual**

September 6 – 7, 2022 | 9:00 am – 3:30 pm EST | Free

Please join us for a virtual offering of the “What’s in Your Retirement Wallet?” training sessions sponsored by the Federal Retirement Thrift Investment Board (TSP), U.S. Securities & Exchange Commission (SEC), Social Security Administration (SSA), and U.S. Office of Personnel Management (OPM).
Who should Attend: All Federal employees: Early to Mid-Career; Pre-Retirement and Beyond (5-10 years from retiring) and Uniformed Services in the Colorado, Dallas Fort-Worth, Houston, Kansas City, New Orleans, Oklahoma, San Antonio & St Louis Federal Executive Board Communities.

Registrants will receive an email from Workforce@opm.gov with the Microsoft Teams links for each session no later than Monday, August 29, 2022. Please contact your agency IT team for any technical challenges.

https://www.eventbrite.com/e/whats-in-your-federal-retirement-wallet-registration-393101175197

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**“UNITY DAY” A DAY OF DIVERSITY TRAINING "VALUE & VOICE"**

September 7, 2022 | 8:30 am - 4:00 pm CST | NWS Training Center, 7220 NW 101st Terrance, Kansas City, MO | Free | Sponsored by the Kansas City FEB

Register for In-Person | https://kansascity.feb.gov/events/unity-day-a-day-of-diversity-training-value-and-voice-in-person/

Register for Virtual | https://kansascity.feb.gov/events/unity-day-a-day-of-diversity-training-value-and-voice-virtual/

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**RETIREMENT PLANNING FOR FIREFIGHTERS & LAW ENFORCEMENT**

September 7-8, 2022 | 8:30 am - 3:00 pm MST | In Person | $400.00 pp

As the employee looks forward to retirement, many questions arise. This seminar presents information about federal benefits and explores options to maximize those benefits. All aspects of FERS, Transfers and FERS-Offset programs are examined. Participants learn about financial planning and how to become wise financial consumers.

Registration Links – Interior Employees- Course: [Course: Retirement Planning for Firefighters and Law Enforcement (16 hours) (doi.gov)]
Non-Interior Employees - DOIU Training Catalog | [https://doi.doi.gov/catalog.html?type=c](https://doi.doi.gov/catalog.html?type=c)

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**The ART OF SUPPORTIVE LEADERSHIP - Virtual**

September 8, 2022 | 11:00 am - 12:30 MST | Virtual | Cost: $35

People rarely leave an organization; they leave their manager. Nearly all of us have worked for a poor manager at some point in our careers. And most of us have worked for a great one. The difference is night and day, especially for your most creative, productive employees. Learn proven approaches for inspiring the best from your staff and colleagues, through the principles of supportive leadership.
Register online | https://www.eventbrite.com/e/the-art-of-supportive-leadership-tickets-303083640327

Instructor David Gamow
Sponsored by Kansas City FEB

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**PRACTICAL & PAINLESS PERFORMANCE REVIEWS: A SUPERVISORS WORKSHOP - Online**
September 8, 2022 | 11:00 am - 3:00 pm MST | Cost: $150 - $225 pp

Online registration required | https://www.eventbrite.com/e/practical-and-painless-performance-reviews-tickets-204163166527

Sponsored by San Francisco FEB

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**SURVIVING CHANGE: A NEUROSCIENCE PERSPECTIVE**
September 13, 2022 | 8:30 - 11:30 am MST | Virtual | Cost: $50.00 pp

Online registration required | https://colorado.feb.gov/register/?ee=602

Our minds, which evolved to predict future outcomes to ensure our survival, are always anticipating how something will play out. Sometimes these predictions come true, but many times they don't. These expectations and predictions can trigger a span of destructive emotions ranging from irritation, and anger to shock. Throughout this class, we will be dissecting the complex science behind neurological reactions and managing change.

Instructor: Michelle Anne, PCC, DAIS
CONTACT Jeff Conn | jeff.conn@gsa.gov

###

**MICROSOFT ONENOTE: THE POWER OF ONENOTE MADE EASY - Virtual**
September 14, 2022 | 8:30 a.m.-11:00 a.m. MST | Virtual | Cost: $25.00 pp

Online registration required | https://colorado.feb.gov/register/?ee=604

*Prerequisite: LEVEL 1 – no previous experience with OneNote is required. Much of the data you work with each day probably gets stored electronically in some way: you save appointments, meetings, and contacts in Outlook, and you likely manage lists and other key data in an Excel worksheet or Word table. So how do you handle the stacks of data that don’t fit into the most popular Microsoft Office programs? Try OneNote, a place to create, gather, store, and search notes—a typed line of text, a sketch, an audio or video clip, a picture, a link to a web page or file—and share these notes with multiple people and across different devices. In this session, you’ll discover the steps for:*
Microsoft PowerPoint: Spark Presentation Magic by Increasing Engagement with PowerPoint - Virtual
September 15, 2022 | 8:30 - 11:00 am MST | Virtual | Cost: $25.00 pp

Online registration required | https://colorado.feb.gov/register/?ee=600

Prerequisite: LEVEL 2 – This is an intermediate-level course. Participants should be comfortable creating, editing, and formatting presentations in Microsoft PowerPoint. Attending the previous class will be helpful for users of all levels of PowerPoint experience. Ready to take the next steps with your PowerPoint presentations? In this session, explore tips to help you prepare, practice, and present more engaging presentations.

Instructor Dawn Bjork, Software Pro Inc
CONTACT Jeff Conn | jeff.conn@gsa.gov |

INCLUSIONARY LEADERSHIP PRACTICES WORKSHOP - Online
September 22, 2022 | 10:30 am - 1:30 pm MST

Inclusionary Leadership Practices; a workshop designed for Managers, Emerging Leaders and Special Emphasis Program Managers (SEPMs)

www.simmalieberman.com

FED PARTNERS: ROCKY MOUNTAIN EXECUTIVE LEADERSHIP ACADEMY -Virtual
September 23, 2022 | 9:00 – 10:30 am MST | Cost: Free

The September Federal Partners meeting focuses on career development and gaining skills to help you advance. The Rocky Mountain Executive Leadership Academy is a collaboration between the Colorado Federal Executive Board and Transformation Partners LLC, aimed at building the leadership skills of government workers. Dr. Shanna Ullmann, founding partner of Transformation Partners and Dr. Robert Prescott, a consultant with more than 36 year’s experience in employee engagement, will join us to talk about this unique program. Both are experts at employee learning and development programs. We’ll also hear from a student who just completed the course.

Speakers: Dr. Shanna Ullmann and Dr Robert Prescott, Transformation Partners
Join ZoomGov meeting
https://cms.zoomgov.com/j/1607795881?pwd=NVVLWXoyQ0xOMFc3NGVXdVh2K0QvUT09
One tap mobile +16692545252,1607795881 # US

No registration is required but if you would like to be added to the Fed Partners distribution list, please send Laurie.konsella@hhs.gov your email address.

CONTACT Laurie Konsella | email Laurie.konsella@hhs.gov

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**LINKEDIN PRESENTATION & INTERVIEW PANEL**
September 27, 2022 | 9:00 am - 12:00 pm MST | CFEB Tng Rm, bldg. 25, Rm 1442 | Attendee limit – 25

Online registration required | https://colorado.feb.gov/register/?ee=605

Join the CFEB in the first of three employment seminars to provide employees the skills necessary to learn the current employment trends in the workplace. Learn how to establish a LinkedIn profile or update your current one from an industry specialist. Bring a laptop or iPad and follow along with the presentation. Ask questions of HR specialist and hiring official’s panel on how to navigate the interview process.

Instructor | Aaron Kiewicz, Career Development specialist & Veteran
CFEB Contact | Jeff Conn | jeff.conn@gsa.gov

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**STRATEGIC COMMUNICATION - Virtual**
September 27, 2022 | 8:00 am - 2:00 pm MST | Virtual | Cost: Tuition is $267 (early bird) – $297

Register Online | https://www.eventbrite.com/e/strategic-communication-for-leaders-tickets-401400528787?aff=1

Communication can make or break a leader, so communication is the #1 skill that a leader must develop!

Instructor | Valeria Grunbaum
Sponsored by South Florida FEB

###

**GENERAL ANNOUNCEMENTS**

Do you have a Federal student loan? You may be eligible for loan forgiveness.
The Public Service Loan Forgiveness (PSLF) Program and the current Limited PSLF Waiver provide an opportunity to qualified individuals. The due date for filing the required documents is **October 31, 2022**.
More in-depth information about PSLF, including guidance to help determine if you qualify, can be found at:

https://studentaid.gov/manage-loans/forgiveness-cancellation/public-service

###

**Phamaly Theatre Company Production of The Rocky Horror Show**

August 12 – September 4, 2022 | 7:30 PM Wednesdays – Saturdays; 2:00 PM on Sundays | Su Teatro, 721 Santa Fe Drive, Denver, CO | THE CFEB supports the mission and performances of Phamaly.

Phamaly Theatre Company is the foremost disability-affirmative, nonprofit theatre company in the country. Now in its fourth decade as a homegrown, award-winning Denver arts organization, Phamaly produces professional plays, musicals, and original work cast entirely of performers with all nature of disabilities: physical, emotional, intellectual, and cognitive. Phamaly’s mission is to be a creative home for theatre artists with disabilities; to model a disability-affirmative theatrical process; and to upend conventional narratives by transforming individuals, audiences, and the world.

This Rocky Horror Show has been at the forefront of ushering a legacy of groundbreaking counter-culture and revolution by breaking societal norms. The cult classic follows Brad and Janet who, stuck with a flat tire during a storm, discover Dr. Frank-N-Furter’s mansion. Brad and Janet meet a houseful of wild characters, and through elaborate dances and a rock soundtrack, Frank-N-Furter unveils his latest creation: a muscular man named “Rocky.” Join us on this journey to celebrate, liberate, and appreciate what makes us truly ‘us.’ Both interactive and non-interactive performances are available.

Reserve your spot | Buy Tickets to The Rocky Horror Show

https://phamaly.vbotickets.com/event/The_Rocky_Horror_Show/64593

Make sure to use our promo codes listed below for some ticket discount deals!
ROCKY-GROUP ($10 off each ticket for groups of 10 or more). These groups will have to connect with the box office by emailing boxoffice@phamaly.org | TIMEWARP ($5 off each ticket for any show) This is for anyone in the community you would like to invite. Please share far and wide!

CONTACT Lauren Lynch | llynch@phamaly.org

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**USDA FNS Mountain Plains Region At the Table - August 2022**

https://content.govdelivery.com/accounts/USFNS/bulletins/32683c6

###

**FEDERAL EMPLOYEES - MANSFIELD FELLOWSHIP PROGRAM IN JAPAN**

Applications are now being accepted until October 30, 2022 for the Mike Mansfield Fellowship Program. The program provides federal employees with one year of professional development in Japan and one year of pre-departure training in Japanese language, culture, and history.
Visit mansfieldfellows.org to find out more, or email at MFPtrinfo@mansfieldfdn.org

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**FPS - if you SEE something SAY something**

Did you SEE something suspicious around the building? Then SAY something to the Federal Protective Service to make it right.

Report suspicious activity | Call 877-4FPS-411 (877-437-7411)

###

**VETERANS CORNER**

On Wednesday, August 10, 2022, the PACT Act was signed into law. The PACT Act is perhaps the largest health care and benefit expansion in the history of the Department of Veterans Affairs.

This new act:

- Expands and extends eligibility for VA health care for Veterans with toxic exposures and Veterans of the Vietnam, Gulf War, and post-9/11 eras Adds more than 20 new presumptive* conditions for burn pits and other toxic exposures
- Adds more presumptive-exposure locations for Agent Orange and radiation
- Requires VA to provide a toxic exposure screening to every Veteran enrolled in VA health care; and
- Helps us improve research, staff education, and treatment related to toxic exposures.
- Survivors may also be eligible for VA benefits based on the PACT Act.

*If you’re a Veteran or survivor, you can file claims now to apply for PACT Act-related benefits.*

You can learn more about the PACT Act at VA.gov/PACT or by calling the VA at 1-800-MyVA411.

**988 SUICIDE & CRISIS LIFELINE SOCIAL MEDIA SHAREABLES**

Partner Toolkit including Social Media and Digital Shareables | [https://www.samhsa.gov/find-help/988/partner-toolkit/social-media-shareables](https://www.samhsa.gov/find-help/988/partner-toolkit/social-media-shareables)

**New VA Crisis Line: 988 then Press 1**

We encourage you to use them. We have also been in close coordination with several of the major digital companies. The hashtag #988Lifeline generates a 988 hashemoji along with the hashtag through World Suicide Prevention Day in September.

CONTACT Stacey Palosky | 240-276-1014 | stacey.palosky@samhsa.hhs.gov

**VETERANS PROGRAMS**

[https://www.hirevets.gov/](https://www.hirevets.gov/)

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OPEN – The Denver Federal Center Wellness Center / Absolute Personal Fitness (APF)
Building 75 (northwest corner of Center Ave. and 7th Street) | 303.236.6911 / text: 720.224.3126 / www.LakewoodPersonalFitness.com
Contact Phil Ray | phil@AbsolutePersonalFitness.net

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ADVANTAGE LEARNING CENTER PRESCHOOL OPEN ENROLLMENT
Open Enrollment dates - Now | 155 Van Gordon St Lakewood CO 80128 VA building
Cost | Competitively priced, discount for children of Federal employees and military reservists
CONTACT Pat Mauro | 303-914-5482 | info@advantagelc.net | www.advantagelc.net

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US SBA DISASTER AID TO INDIVIDUALS & BUSINESSES AFFECTED BY THE BOULDER COUNTY FIRES
The deadline to apply for economic injury is Sept. 30, 2022 | Applicants may apply online: https://disasterloanassistance.sba.gov/
Email disastercustomerservice@sba.gov for more information. Completed applications should be mailed to U.S. Small Business Administration, Processing and Disbursement Center, 14925 Kingsport Road, Fort Worth, TX 76155.

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DENVER FEDERAL CENTER
DFC Facebook link | https://www.facebook.com/DenverFederalCenter/

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BLOOD DONORS NEEDED - DENVER FEDERAL CENTER VIRTUAL BLOOD DRIVE
Denver Federal Center Virtual Blood Drive (Assn Code DEN2015) | Any Metro Donation Location
https://learn.vitalant.org/LP=148?drive_code=DEN2015&division=MTAINE%26%region=DEN
CONTACT Lori Freerksen | LFreerksen@Vitalant.org | www.Vitalant.org

###

DEPARTMENT OF THE INTERIOR UNIVERSITY (DOIU)
DOI University (DOIU) offers competency-based training courses and programs designed to increase the skills of all federal employees.
https://doi.doi.gov/catalog.html?type=sp&id=lakewood | https://doi.doi.gov/catalog.html?type=c

**Taking Flight towards Personality-Driven Results Workshop Series**
September - December 2022 or January - April 2023 | Virtual | Cost $1,945

For those seeking a light-hearted, yet powerful learning experience, this 4-workshop series is a refreshing re-imagination of the tried-and-true DISC method, using a brain-friendly method of linking the DISC styles to Birds! This method will imbue emerging and experienced leaders with a deep understanding of personality with the ability to apply the styles with ease as they communicate, provide feedback, take risks, run meetings, assign tasks, resolve conflicts, understand others and more! Excellent opportunity to explore emotional intelligence (EQ) and learn how to apply EQ strategies.

CONTACT: Amanda Lords | Amanda_lords@ios.doi.gov
To Register | https://doi.doi.gov/catalog.html?type=c#

###

**OPM - NEW ONLINE COURSES**

OPM’s Center for Leadership Development (CLD) is now offering courses on inclusive leadership and accessible design, as well as individual leadership and executive coaching. CLD is the only Federal program uniquely designed and focused on providing a career-long continuum of leadership and professional development to Federal employees.

View full course schedule | http://go.usa.gov/xE87z | www.leadership.opm.gov

CONTACT Cheronn Collins | Cheronn.Collins@opm.gov

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**VIRTUAL TRAINING OPPORTUNITIES**

USGS Virtual Trainings: https://www.usgs.gov/about/organization/science-support/human-capital/virtual-learning-opportunities

CONTACT Nancy Gregory | ngregory@usgs.gov

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**JOB ANNOUNCEMENTS**

USA Jobs Website | https://www.usajobs.gov/
CFEB Website | https://colorado.feb.gov/
SUBMIT INFORMATION FOR ANNOUNCEMENTS
To submit information to be included in the announcements, please email it by Wednesday of each week to jeff.conn@gsa.gov in the following format.

Title
Date | Time
Location | 3333 W 32 Ave | Denver CO (no punctuation)
Cost (if applicable)
Brief Description (short marketing blurb | a couple of bullet points or sentences)
CONTACT Name | Phone number | email
If a job posting, please include the opening and closing date(s)
Website

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Enjoy your Weekend!

Fred Eidson | Executive Director | fred.eidson@gsa.gov
Jeff Conn | Deputy | jeff.conn@gsa.gov

Please email Jeff Conn at jeff.conn@gsa.gov to subscribe or unsubscribe from CFEB email