

## **CPE on October 20: Improve Performance, Enhance Understanding** <sup>[1]</sup>

October 9, 2016 by [normandy.roden](#) <sup>[2]</sup>

Take charge of your performance through our continuing professional education courses at Grant Street on [October 20](#) <sup>[3]</sup>.

You can learn how to: Diagram business processes and facilitate team member cross-training. Practice mindfulness to enhance focus and decrease stress. Make sound decisions about sensitive expenses. Find out how CU spends its state-allocated funding.

We're offering four courses -- three of them new! -- on Thursday, October 20, 2016, at CU System Administration (1800 Grant Street, Denver). To read course descriptions and register, check out our [CPE website](#). <sup>[3]</sup>

- [Process Mapping for Efficiency and Cross-Training](#) <sup>[4]</sup> (10:30-11:20 a.m.)
- [Enhancing Your Performance at Work with Mindfulness](#) <sup>[5]</sup> (12:30-1:20 p.m.)
- [Sensitive Expenses](#) <sup>[6]</sup> (1:30-2:20 p.m.)
- [How CU Spends \\$1](#) <sup>[7]</sup> (2:30-3:20 p.m.)

[Register now](#) <sup>[3]</sup>.

Remember: CPE courses are available at no cost to CU employees and at modest cost to non-employees.

Questions? [Contact us](#). <sup>[8]</sup>

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