



# CAMPUS SUPERVISORS NETWORK

**Our Mission:**  
Support supervisors and managers in a welcome and safe environment to promote leadership and effective personnel management.

## How does CSN Align with the Dimensions of Wellness?

### HEALTH

Beyond the absence of mental and physical illness, health is a feeling of strength and energy from your body and mind.

**HEALTHY** managers have the strength and energy to do the challenging things we are tasked with doing.

### MEANING

Feeling part of something bigger than yourself. Knowing that your pursuits matter. Having purpose in your life.

Being part of CSN events and networking promotes **MEANING**—being part of something bigger than yourself—by sharing and learning with each other in a group environment with other managers.

### SAFETY

Knowing that you are safe from physical and psychological harm at UW-Madison. Feeling secure enough to take calculated risks and show vulnerability. Free of concern about meeting basic life needs.

Our mission is to support supervisors and managers in a welcome and **SAFE ENVIRONMENT** to promote leadership and effective personnel management, and allow you to be vulnerable with other supervisors as you learn from each other and our guest speakers.

### CONNECTION

Experiencing positive, trusting relationships with others. Feeling a sense of belonging, acceptance, and support.

**CONNECTION** is the very essence of our community of practice, and the reason we began this group. Connecting with others in similar situations reassures you that you are not alone and can find strength and value in the relationships you forge.

### ACHIEVEMENT

Feeling you have the support, resources, and autonomy to achieve your goals. Succeeding at meeting your individual goals and career and academic aspirations.

CSN offers resources, support and training for you to succeed at meeting your personal and professional goals, giving you a sense of **ACHIEVEMENT**.

### GROWTH

Feeling like you are progressing in your academic and professional goals. Learning and being challenged to use and expand on your strengths.

Adopting a **GROWTH** mindset, and allowing the learning to happen at our networking events, builds your skills in leadership and management and improves your ability to be a great supervisor for your staff. Our book clubs and speaker events are great opportunities for growth.

### RESILIENCY

Capacities for persistence, creativity, emotional intelligence, grit, cognitive flexibility, risk-taking, agency, adapting to change, delaying gratification, learning from failure, and questioning success.

**RESILIENCY** is achieved through persistence, lifelong learning, learning from failure (and others' failures), and more. Our sessions allow you to learn from others and build up your resiliency through the experiences you have with your peers on the UW-Madison campus.

Bringing your best self in the current moment is a lifelong journey. Campus Supervisors Network allows you the chance to develop and grow in all areas of wellness. Get involved in our group, and attend a meeting or networking session soon to kick-start your growth! Visit our website to see more about our events and links to resources.

[campussupervisorsnetwork.wisc.edu](http://campussupervisorsnetwork.wisc.edu)