



# SHRMC

State Human Resource Management Council

**November 10, 2016  
8:30 a.m. – 10:00 a.m.**

**Truman Building  
Room 500**

## AGENDA

Welcome ..... *Sandy Doyle*

Training (10 Min) ..... 9 Ways to be Smarter Every Day

Administrative Hearing Procedures ..... *Richard Maseles*

Office of Administration Personnel Update ..... *Guy Krause*

Office of Administration Accounting Update ..... *Curtis Forck*

MO State Employer’s Retirement System ..... *Lisa Verslues*

Roundtable Discussion ..... *SHRMC Members*

**Training Summary:** Research shows that how we approach situations and how we feed our brains can significantly improve our mental horsepower. As part of an ongoing drive to be better every day, this lesson explores actions and habits that we can develop for daily improvement of our mental capacities and readiness. These ideas include mental, social, and physical concepts that contribute to our brain power. This lesson will help you understand that you CAN get smarter, learn that doing so shouldn’t be complicated or stressful, and provides important ideas that you might add to your daily routine.

### *Next Meeting*

**December 8, 2016  
Truman Building  
Room 500**

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