



**VENTURA COUNTY
MANAGEMENT COUNCIL**

KALEIDOSCOPE

SEPTEMBER 2023

AGENCY SPOTLIGHT: VENTURA COUNTY LIBRARIES

Ventura County Library is a public library system of 12 community libraries across Ventura County. In addition to the standing locations, the library team has built out a mobile library, which visits members of the community in places that don't have access to one of the brick and mortar locations.

The Library is governed by the Ventura County Board of Supervisors and was organized in 1916. At the time of its centennial in 2016, the system provided access to 412,715 physical volumes and more than 500,000 virtual items to its nearly 300,000 cardholders. Since then, its reach has only grown! The library team continues to expand community programming beyond books to feature services such as musical instrument rentals, digital navigators, and homework centers. The mission of the Library is "Inspiring our community to explore, discover, and connect."

Ventura County Libraries will be hosting its first annual Celebration of Books on September 30th on the CSUCI campus. This exciting event will celebrate the literary world and will feature author Javier Zamora, who will talk about his book *Solito: A Memoir*. *Solito* was the 2023 selection by Ventura County Libraries for the One County, One Book program.

Keep up to date on what's new by reading the latest newsletter from the Ventura County Library system by clicking [this link](#).



TODAY'S READERS, TOMORROW'S LEADERS

We're excited to share a new service opportunity for managers across Ventura County! See the message below about our newest offering to our membership:

We are thrilled to invite you to the grand kickoff event of "Today's Readers, Tomorrow's Leaders" partnership between Ventura County Library and the Management Council. This collaborative program is designed to ignite a passion for reading in our little ones while fostering community engagement.

Join us at Hill Road Library on November 8, 2023, at 4:00 PM for an afternoon filled with Storytime magic! Ventura County Library staff will demonstrate how to read captivating stories to children aged 0-5 and provide opportunities for County Managers to ask questions and sign up for a reading slot to visit various library branches, sharing their favorite stories with children throughout Ventura County.

This exciting initiative aims to promote early literacy and create a strong foundation for our future leaders. By bringing together the expertise of our County Managers and the resources of Ventura County Library, we are committed to nurturing young minds and empowering them with knowledge. It's an incredible opportunity for kids to interact with community leaders while discovering the joy of reading.

So mark your calendars and spread the word! Let's come together as a community on November 8th at Hill Road Library, as we embark on this wonderful journey of "Today's Readers, Tomorrow's Leaders." See you there!

The Ventura County Library Team



SELF-CARE FOR MANAGERS

A FRIENDLY REMINDER TO OUR READERS!

The Management Council would like to remind our managers across the County to take a moment to reflect on the topic of self care. What is self care? What does it look like when you're in a management role?

The term “self-care” probably brings to mind dimly-lit moments of relaxation or maybe a morning run—and that’s not necessarily wrong. But there’s a lot more to it than that. Self-care is about doing right by yourself and being your own personal advocate for your well-being.

As a manager, if you try to stay in performance mode 24/7, your effectiveness diminishes over time. But if you invest in your recovery—if you take care of yourself—you’re available and effective for your job and your people.

A consistent self-care regime can help you:

- Regulate your energy levels and build resilience, making you better able to handle the stresses of life and work.
- Become more consistent in your leadership, instead of letting moods affect how you work with others.
- Set a good example for your people, modeling the things you need them to do for themselves.
- Get more done, to a higher standard, achieving your objectives with less friction and inefficiency.



Self-care isn't a switch you flip on and off. It's a commitment and a journey. Here are some steps to getting going on yours:

- Decide that **self-care is important**. Make a commitment to yourself.
- Identify the self-care behaviors that **work for you**. Reflect on what you value and need in your everyday life and during times of high stress.
- Address the blockers. **What's getting in the way of you being able to take proper care of yourself?**
- Acknowledge **when to delegate and when to seek assistance**. Show your vulnerability, ask for help, and let go of the idea of perfection. No one really thinks you're superhuman anyway!
- Embrace the **power of the micro-break**. Self-care routines don't have to take hours. Small moments can make big differences. Mix it up.
- **Keep monitoring and reviewing your well-being**. If something isn't working for you, don't continue just because you think it's what you should do.

This information was excerpted from a Calm Business article. To read more, [click here](#).

CSAC LEADERSHIP MINUTE

Get insights from Dr. Rueben Brock on the nature of work-related stress and how to mitigate it as a public leader. Watch the micro-lesson by [clicking here](#)

Don't forget about the resources we have as employees of Ventura County!

The Ventura County Employee Assistance Program has developed resources to help our staff in many ways. See this video about journaling for self-care from May of 2020: [EAP Sessions](#)



UPCOMING EVENTS



MEMBERS ONLY EVENT MANAGEMENT COUNCIL AWARDS KICK-OFF AT PEIRANO'S

**OCTOBER 3 @ 5:00 PM -
7:00 PM**

NETWORKING EVENT - VENTURA COUNTY FAMILY JUSTICE CENTER

**OCTOBER 17 @ 3:00 PM -
5:00 PM**



TODAY'S READERS, TOMORROW'S LEADERS

NOVEMBER 8 @ 4:00 PM



KALEIDOSCOPE - SEPTEMBER 2023

AWARDS SEASON IS COMING!

Save the Date:
January 26, 2024

Do you have a colleague or coworker in the management classification that is outstanding and needs to be acknowledged? Management Council Awards are right around the corner!

The Management Council has an annual awards series for the categories to the right to highlight some of the standouts from across the County. For more information, join us at the Members Only Kick-Off event on October 3rd.

BEST KEPT SECRET

Awarded to a person whose contribution to the County and the community is uniquely ignored, unknown, and/or unappreciated. Such a person makes a valuable, perhaps even essential, contribution, but his or her efforts are greatly undervalued and mostly ignored or taken for granted. Nominees for this award deserve to be recognized and acknowledged.

INNOVATION

Awarded to a person who is noted for his/her ability to "think outside the box," one who has developed new and/or creative solutions to work place problems and job demands, exudes creativity, and is successful in generating clever and insightful ways of doing things, etc.

INTEGRITY

Awarded to a person who is noted for his/her honesty, openness, forthrightness, doing the right thing, honoring commitments, etc.

MENTORING

Awarded to a person who is noted for his/her commitment to nurturing, supporting, guiding, and training of new team members (including new staff, encouraging their success in the art and career of public sector service.

RISING STAR

Awarded to a new manager demonstrating great promise as an emerging leader. This person not only shows skill in core areas of leadership but displays a sincere desire to improve and grow as a new manager.

CUSTOMER SERVICE

Awarded to a person who is noted for his/her dedication to consistently high levels of service to stakeholders and clients, be they tax payers, citizens in general, fellow employees, etc.





Summer Networking Events


On May 18th, the Management Council kicked-off its Networking Event series at the Senior Nutrition Farm in Oxnard, hosted by Ventura County Area Agency on Aging. Attendees were able to network and enjoy guided tours and a barbeque lunch, all while learning about the collaborative effort among local government, nonprofits, and private businesses to provide fresh, local, organic produce to older adults.

In June managers and Animal Services volunteers took several adoptable pups out for a walk around Freedom Park. There were lots of smiles, treats, slobbery tongues and wagging tails! Animal Services is always looking for volunteers to walk dogs or become fosters, [click here](#) to learn more.

To wrap up the summer, Management Council partnered with the Ventura County Parks Department to network and celebrate Recreation & Parks Month on July 20 at the Steckel Park Pavilion.

Thanks to all who joined us this summer!





**SELF-CARE IS
GIVING THE WORLD
THE BEST OF YOU,
INSTEAD OF
WHAT'S LEFT OF
YOU.**

KATIE REED