

Fridays with the Flock

Weekly learning resources from the Salisbury University HR Team



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Welcome to Fridays with the Flock!

Join us for recommended readings, training links and insights to help you thrive at work and beyond. Happy Friday!



Take Time to Catch Your Breath

As we transition back into the routines of our school year, we encourage you to give yourself space to pause and mindfully breathe during each day. When you give yourself this time and space, you practice patience, calm and kindness toward yourself. Access Yoga Ed.'s one-minute [Gentle Waterfall Breathing](#) exercise for a short mindfulness break.



CLICK OR SCAN

The Best Parents and Leaders Have This in Common

[This article](#) by *Inc.* explores research on parenting and leadership styles, and the common trait that allows each to be successful in helping others to thrive.



Thrive Thursday Training

In partnership with the University of Maryland College Park, we are happy to offer this virtual training session, free to all University System of Maryland employees! Register for [Managing Change](#) to be held on **Thursday, September 29**, via Zoom.



Learn about common reactions and emotions that accompany change, and how to successfully navigate them. Be sure to contact your supervisor for approval prior to attending this session.



LinkedIn Learning This Week

Human Resources suggests the following free LinkedIn Learning courses that you can view at your own pace. Take advantage of these timely and informative webinars for professional and personal growth:

[Use Your Strengths for Impact and Influence at Work](#)



[Human Leadership](#)



Yesterday I was clever, so I wanted to change the *world*. Today I am wise, so I am changing *myself*.

– Rumi



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