

Fridays with the Flock

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!



May Is Mental Health Awareness Month

In support of Mental Health Awareness Month, ComPsych Guidance Resources is offering a **Mental Health Awareness Toolkit** full of resources on a variety of topics. As our Employee Assistance Program provider, Guidance Resources Online is an award-winning, comprehensive, interactive service that provides expert content and unique tools to assist you in every aspect of your life. Visit guidanceresources.com (use organization ID **USMEAP**) for more information or talk with a ComPsych Expert at **855-410-7628**.



CLICK OR SCAN



How to Make Good Habits Stick

Behavioral psychologist, author of the No. 1 *New York Times* bestseller *Atomic Habits* and public speaker James Clear explains the “**Paper Clip Strategy**” and other brain hacks to help us integrate good habits into our lives.



Are Humble Leaders More Effective?

“Research shows humble leaders tend not just to be more likable, but also to be more effective.” **This article** from *Inc.*, builds the case for humble leadership based on the findings of several studies.



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:

Being Positive at Work



Conscious Leadership



What you *think*, you become.

What you *feel*, you attract.

What you *imagine*, you create.

– Buddha

Make Tomorrow Yours ›

Salisbury
UNIVERSITY

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Quality Services • Guidance • Assistance

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