

# 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!

### Leading with Authenticity Webinar

ComPsych GuidanceResources is offering the free virtual webinar *Leading with Authenticity* on Monday, July 24, at 1 p.m. This session will examine the components of authentic leadership and assist leaders and aspiring leaders to discover their personal strengths and weaknesses to better serve and support their employees' personal and professional development. [Register here](#), and please request supervisor approval prior to participation.



CLICK OR SCAN

### 28 Questions to Ask Your Boss

"Good one-on-one meetings between managers and direct reports address the practical and personal needs of the employee, benefitting their performance, growth and well-being, as well as the success of their team and the broader organization." In this article, *Harvard Business Review* identifies [28 key questions](#) to get the most value from your one-on-one meetings and to feel confident in expressing the need for additional resources, input or support.



### Your Best Possible Self

Try [this activity](#) from *Greater Good in Action* to imagine the best possible future version of yourself – and what steps you can take to set a clear, positive direction to reach that vision. "By doing so, research suggests that you'll not only increase your happiness in the present but pave the way for sustained happiness down the line."



### 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:

#### [Stand Out as a Valuable Team Member](#)



#### [Using Authenticity to Build Productive Relationships](#)



Leadership is defined as authentic transformative energy that adds value to others.

– Kevin Cashman

Make Tomorrow Yours ›

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