

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!



The Impact of Attitude on Work and Life

ComPsych GuidanceResources is offering a virtual webinar, *The Impact of Attitude on Work and Life*, on **Friday, October 6, at noon**. This workshop will explore how attitude can change your perspective and will provide opportunities to develop a more positive mindset by identifying positive self-talk vs. negative self-talk, ways to overcome fear of failure and strategies for dealing with negative people. **Register here** – we look forward to your participation!



CLICK OR SCAN

World Mental Health Day

World Mental Health Day, observed on Tuesday, October 10, is an important event that raises awareness about mental health and emphasizes the significance of taking care of our emotional well-being. The University's Employee Assistance Program (EAP) provider, ComPsych, offers a multitude of resources for employees.

including a **Mental Health Toolkit** (left QR code) and **Destigmatizing Mental Health** fact sheet (right QR code).



The Starfish Model

For a new spin on the typical project management debrief, give this **retrospective tool** a try! This visually appealing method allows for an at-a-glance view of the overall health of your project and actionable takeaways for your team to consider.



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:

Improving Your Mental Health at Work



Project Management Skills for Leaders



Our attitude toward life determines
life's attitude toward us.

– John Mitchell

Make Tomorrow Yours >

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