

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!

November Wellness Webinars

The Maryland Employee Benefits Division's **November Wellness Webinars** are here to support you as we prepare to enter the holiday season! The **Mindful Mondays** initiative presents a **Self-Compassion Series**. These 30-minute sessions on Monday mornings will include Defining Self-Compassion, Forgiveness, Embracing the Good and Self-Appreciation. RSVP for Mindful Mondays Webinars [HERE](#).



CLICK OR SCAN



Charting Your Course: A Financial Guide for Women

You are invited to join TIAA for a free financial preparedness virtual webinar on **November 17 at noon**. Your money shouldn't be sitting around doing nothing - and in this session, you won't be either! Our goal is to help give you an idea of where you are, figure out where you want to be, and of course, consider how you are going to get there. [REGISTER TODAY!](#)



Tell Me About Yourself

Don't be caught off guard when asked this question in a professional situation! This *Forbes* article gives you the **four topics** to use in crafting the perfect elevator pitch, job interview opening or other introduction to make a great first impression.



HR News & Notes

This new section of our newsletter will include any important HR process change initiatives, Workday implementation updates or other announcements to keep the campus community informed and connected to your HR team.

Human Resources Update from Aurora Edenhart-Pepe, Vice President, Administration and Finance.



Current Job Postings

Human Resources is committed to assisting and promoting recruitment efforts for campus vacancies. We recognize our faculty and staff are a valuable recruitment tool and encourage you to forward and share these **job postings** with potential applicants.



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:

Positive Psychology for Less Stress & Happier Workdays



Confident Communication for Introverts



Make Tomorrow Yours >

Salisbury
UNIVERSITY

HUMAN RESOURCES OFFICE
Quality Services • Guidance • Assistance

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