

# Fridays with the Flock

Weekly learning resources from the Salisbury University HR Team



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## Welcome to Fridays with the Flock!

Introducing a weekly learning and development newsletter filled with resources to help you thrive at work and beyond! Join us each week for recommended readings, training links and insights compliments of your Human Resources team.

Happy Friday!



## YearCompass

Reflect on 2021 and plan 2022! [YearCompass](#) is a free booklet that helps you wrap up the year and plan the next one. With a set of carefully selected questions and exercises, YearCompass helps you uncover your own patterns and design the ideal year for yourself.



CLICK OR SCAN

## 5 Mentors You Need in Your Life

In [this short list](#), business expert Anthony Tjan has identified the five kinds of people you should have in your corner. You probably already know them – so use this list as both a guide and a nudge to deepen your bond with them.



## The Power of Positive Thinking

Research is beginning to reveal that positive thinking is about much more than just being happy or displaying an upbeat attitude. Positive thoughts can actually create real value in your life and help you build skills that last much longer than a smile. [Read this article](#) by bestselling author and researcher James Clear to discover why!



## 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 helpful webinars for professional and personal growth:

[How to Find and Use Your Strengths](#)



[Embracing Unexpected Change](#)



[Empathy at Work](#)



## TEAMWORK

coming together is a *Beginning*... keeping together is *Progress*  
...working together is *Success*

– Henry Ford



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