

Fridays with the Flock

Weekly learning resources from the Salisbury University HR Team



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Welcome to Fridays with the Flock!

Join us each week for recommended readings, training links, and insights to help you thrive at work and beyond. Happy Friday!



The Three Qualities Leaders Need in an Uncertain Future

The ability to navigate ambiguity – and to guide people and organizations without knowing what's ahead – will be one of the key leadership qualities of our time.



CLICK OR SCAN

How to Become Your Own Career Coach

Self-coaching is the skill of asking questions to improve self-awareness and prompt positive action. Using the three essential skills presented in this article, everyone can learn to coach themselves, regardless of experience or expertise.



10 Ways to Boost Your Emotional Resilience

We've all had our emotional resilience tested in difficult situations. How do the toughest people summon the will to keep going? Steven Southwick and Dennis Charney studied resilient people for over 20 years, and have assembled the 10 things resilient people have in common so we can learn how to be more gritty and tough when life gets hard.



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:

[Building Resilience](#)



[Interpersonal Communication](#)



[Overcome Overthinking](#)



Always walk through life as if you have something new to learn, and you will.

– Vernon Howard

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