

Fridays with the Flock

Weekly learning resources from the Salisbury University HR Team



JANUARY 28, 2022 | VOL. 3

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!



Top 12 Questions

[This list](#) contains questions that are applicable to a variety of life's challenges. Use these questions to help yourself and others unveil new choices, options and possibilities you might otherwise have missed.



CLICK OR SCAN



What to Do When You're Stuck in the Survival Zone

Demands on our energy can sometimes exceed our capacity on a given day. Tony Schwartz, author and CEO of The Energy Project, has identified [in this article](#) four "energy quadrants" that we operate in throughout the day. With self-awareness and practical tools, we can learn to skillfully navigate challenges and avoid burnout at work and at home.



Why Emotional Intelligence for Managers?

When it comes to employee wellbeing and performance, managers make a huge difference. Here are [3 practical tips](#) to practice emotional intelligence and create a culture of job satisfaction and high performance.



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:

[Productivity Principles to Make Time for What's Important](#)



[How to Beat Burnout, Exhaustion and Stress](#)



[Developing Your Emotional Intelligence](#)



The pessimist sees *difficulty* in every opportunity. The optimist sees *opportunity* in every difficulty.

– Winston Churchill



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