

# 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!



## 10 Ways to Improve Your Focus

In a fast-paced world full of technology-driven distractions, it has become increasingly harder to focus on any one task. [This article](#) from Indeed provides tips to improve your focus and concentration to be your best at work.



## Ask a Coworker How They're Doing

In recent survey findings, over 40% of U.S. workers are feeling disconnected and isolated at work. Learn how the [power of conversation](#) can help us feel a stronger sense of belonging.



## How to Lose Gracefully

Losing can be transformative, if you have the right mindset. Read or listen to this [NPR podcast](#) to find out how you can turn a failure into an opportunity.



## 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 Focus](#)



[Creating a Connection Culture](#)



[Subtle Shifts in Thinking for Tremendous Resilience](#)



**Failure** is just another way to **learn** how to do something right.

– Marian Wright Edelman

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