

Fridays with the Flock

Weekly learning resources from the Salisbury University HR Team



MARCH 11, 2022 | VOL. 9

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!



5 Ways to Cope with the Stressful News Cycle

In these turbulent times, remember to balance the importance of being an [informed citizen](#) with the need to care for your own health and wellness, and to extend grace to others who may be struggling. Included are links with resources on how you can [support people in Ukraine](#).



CLICK OR SCAN



How to Manage Perfectionism

"Perfectionism is a double-edged sword. ... How can you harness the positives of your perfectionism while mitigating the negatives?" These [useful practices](#) can help you let go of unproductive habits and shift your mindset for success.



The Incredible Power of Saying 'I Don't Know'

"When you demonstrate it's okay to [not know everything](#), you set expectations for transparency, and you model how to make better leadership and innovation decisions."



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:

[Staying Positive in the Face of Negativity](#)



[Overcoming Perfectionism](#)



[Vulnerability: The Workplace Superpower](#)



Learn from yesterday, **live** for today, **hope** for tomorrow.

– Albert Einstein

Salisbury
UNIVERSITY

HUMAN RESOURCES OFFICE
Quality Services • Guidance • Assistance

Human Resources Office
Holloway Hall (HH) 153
410-543-6035
humanresources@salisbury.edu