

# 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!



## We're Doing Downtime Wrong

Whether we can't break the evening TV or social media habit, or we feel driven to make every moment super productive - we are robbing our brains of the [true downtime](#) needed to achieve calm, clarity and creativity.



CLICK OR SCAN

## Your Antidote to Imposter Syndrome

[In this article](#), learn why social psychologist Amy Cuddy believes that increasing presence can help us beat imposter syndrome. According to Cuddy, presence gives us the ability to "comfortably express our true thoughts, feelings, values and potential."



## How to Steer Clear of Groupthink

Consensus-based committees or task forces may not be the best forum for fresh, new ideas to thrive. A study of four cross-functional teams from various industries led researchers to identify [these three steps](#) to avoid groupthink and foster innovation.



## 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:

### [Thinking Creatively](#)



### [Overcoming Imposter Syndrome](#)



### [Avoiding Cascade Bias](#)



Live a life driven more strongly by *curiosity* than by fear.

– Elizabeth Gilbert



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