

# 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!

### Giving and Receiving Feedback

As we approach the annual performance review period at Salisbury University, remember these helpful suggestions for both [giving feedback](#) and [receiving feedback](#) at work.



### Use Vocal Cues for Speaking Success

According to author and TEDx speaker Vanessa Van Edwards, "when we listen to someone speak, we're listening for two things: confidence and emotion." Learn how to [use vocal cues](#) to convey the right message and increase your presence with any audience.



### APC Conference 2022

The USM Training Committee will hold our first system-wide **Administrative Professionals Conference (APC): Reclaim-Rediscover-Renew in '22** on Thursday, April 28! This virtual conference is available at no cost to all Salisbury University administrative professionals and any other interested staff and faculty. [Register now](#) to learn about the Keynote Panel, interactive workshops and networking opportunities. Be sure to contact your supervisor for approval prior to attending.



### 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:

[Build a Personal Learning Plan](#)

[Communicating with Confidence](#)



Personal growth is not a matter of learning *new* information, but of unlearning *old limits*.

– Alan Cohen



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