

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!

How to Effectively Lead from the Heart

[This article](#) by Susan Mackenty Brady, CEO of the Simmons University Institute for Inclusive Leadership, is full of practical wisdom on how leaders can best use compassion, self-awareness and centering techniques to embrace “heart-minded” leadership.



CLICK OR SCAN

Setting Boundaries for Work-Life Balance

Striking the right work-life balance can be hard to do. [These four steps](#) can help you maintain a healthy relationship to being dedicated to your work while protecting your personal time.



Administrative Professionals Conference

Don't miss out! The University System of Maryland Training Committee holds its inaugural system-wide **Administrative Professionals Conference: Reclaim - Rediscover - Renew in '22** – on **Thursday, April 28!** This virtual conference is available at no cost to Salisbury University administrative professionals and all interested staff and faculty. [Register now](#) to learn about the Keynote Panel, many relevant workshop topics and unique 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:

[Compassionate Leadership](#)



[Balancing Work and Life](#)



When we match *compassion* with *purpose*, we begin to change the world.

– Zachariah Thompson



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