

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!



Practical Ways to Improve Happiness

In this article from *The Atlantic*, Arthur C. Brooks discusses recent research on the science of happiness and shares his [top 10 recommendations](#) to improve your well-being.



CLICK OR SCAN

Feeling Unfulfilled? 3 Ways to Help You Get Unstuck

According to author and professor Dorie Clark, "long-term thinking protects us during downturns (of all kinds) because it keeps us moving toward our most important goals ... It's the surest path to meaningful and lasting success ..." Use Dorie's [three strategies](#) to build long-term personal and professional fulfillment.



Fewer People, More Work

"What's a manager to do?" University of Maryland Learning and Development professional Sophie Oberstein answers this question in a [LinkedIn article](#) full of practical tools for managers to support both their hard-working team members and the customers they serve.



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:

[Train Your Brain for Happiness](#)



[Defining and Achieving Professional Goals](#)



[Leadership Mindsets](#)



Being happy doesn't mean that everything is perfect. It means you've decided to look *beyond* the imperfections.

– Gerard Way



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