

# Fridays with the Flock

Weekly learning resources from the Salisbury University HR Team



MAY 20, 2022 | VOL. 17

## 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!



## Be Intentional with Your Free Time

According to results from a large study, we tend to spend our free time doing the things that make us least happy. Learn how to [be more intentional](#) and make simple changes to add more joyful moments to your leisure time.



CLICK OR SCAN

## How the Best Teams Keep Good Ideas Alive

How can leaders empower their teams to both voice new ideas and ensure they are implemented? Through their research on “voice cultivation,” the authors have developed these [key tactics](#) for creating a more inclusive environment for idea generation.



## Habits for Better Mental Health

As we wind down the month of May, [this article reminds us](#) of proven ways to improve mental health and wellness all year long.



## 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:

### [Enhancing Team Innovation](#)



### [Well-Being in the Workplace](#)



Innovation is the ability to see change as an *opportunity* – not a threat.

– Steve Jobs



HUMAN RESOURCES OFFICE  
Quality Services • Guidance • Assistance

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