

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!



Summer Reading List

This list of the [Best Career Books of 2022](#) offers insightful career-building tools that you can learn while relaxing on the beach this summer!



CLICK OR SCAN

Start Your Day With This Simple Practice

"How can you inject some optimism into your day? This [two-minute exercise](#) can help." Read on for *Harvard Business Review's* Management Tip of the Week.



Stop Telling Employees To Be Resilient

Learning to "be resilient" has been the catch phrase of the past two years, but how do we put this into practice? [This article](#) from MITSloan Management Review gives realistic actions leaders can take to foster resilience in the workplace.



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:

[Practice Positivity](#)



[Leading through Relationships](#)



Sunsets are proof that no matter what happens, every day can end *beautifully*.

– Kristen Butler

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