

# 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 for recommended readings, training links and insights to help you thrive at work and beyond. Happy Friday!

### Summer Reflection

Summer is a season to unwind, take vacations, and enjoy time with family and friends. Don't forget to take time for self-care as well.

In stressful times, you can find support in the [Employee Assistance Program \(EAP\)](#) with resources for emotional and physical well-being, work-life solutions, financial wellness, legal guidance and more. Visit [Campus Resources](#) for information on additional services and support groups available to the SU community. Be well!



CLICK OR SCAN



### Leadership Is Harder Than Ever

"Great leadership is easier in calm seas, but as storms arise, leadership gets tougher." In this article from *Forbes*, learn [five ways to manage](#) the emotional work involved.



### Science-Based Strategies for Thriving Through Change

Professional speaker, thought leader and author Britt Andreatta gives [practical strategies](#) on how the [seven types of rest](#) can help us fend off change fatigue and burnout.



### 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:

[Reduce Stress and Anxiety by  
Managing Your Nervous System](#)



[Managing Your Well-Being  
as a Leader](#)



For everyone, well-being is a *journey*.  
The secret is committing to that journey  
... with hope and belief in yourself.

– Deepak Chopra

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