

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!

Save the Date!

Mark your calendars for the return of **Professional Development Week** in October! This year's theme is **Empower Your Journey: Unleash Your Potential**, a free virtual conference organized and executed by the University System of Maryland (USM) Learning and Talent Development Committee. The conference features a keynote panel of USM leaders and engaging workshops on productivity, personal mastery, wellness, and diversity, equity and inclusion (DEI). Network with your colleagues from across the system. Watch your email for details and RSVP link coming soon. We look forward to seeing you **October 17-21!**

Four Boundaries to Feel Less Overwhelmed

"So many of us feel overwhelmed. Setting boundaries allows you to work in a more sustainable – and less reactive – way."

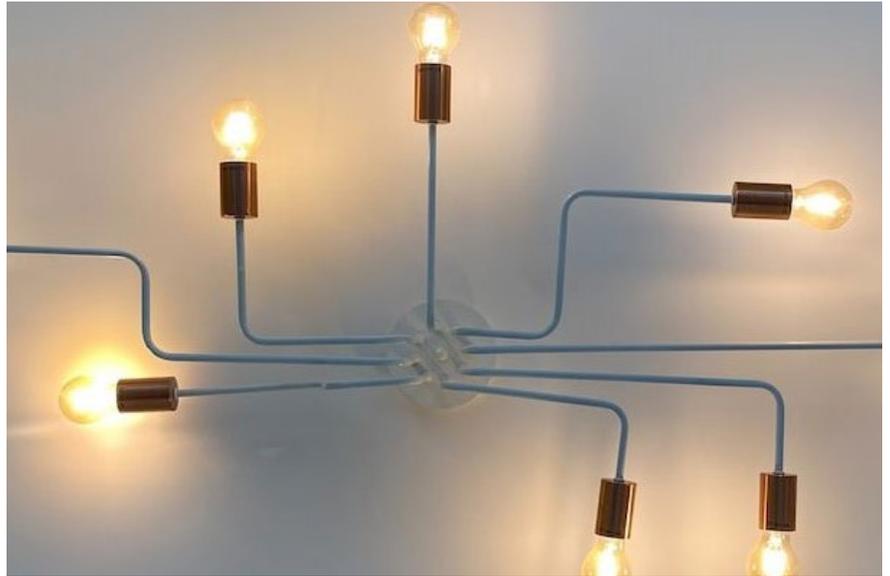
Read on for the [four boundaries](#) that can help our brains feel less stressed and more focused throughout the day.



CLICK OR SCAN

Inspirational Leaders Build Connections

In this article from *Harvard Business Review*, explore how leaders can [build stronger connections](#) to inspire and motivate their teams. "Employing emotion as part of your toolkit of leadership skills doesn't require a lot of additive time. It does require a commitment to engage differently."



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:

[Focus on What Matters and Minimize Distraction](#)



[Using Authenticity to Build Relationships](#)



"Connection is the energy that is created between people when they feel *seen, heard and valued.*"

– Brene Brown

Salisbury
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HUMAN RESOURCES OFFICE
Quality Services • Guidance • Assistance

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