

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!



Focus on Gratitude

In celebration of World Gratitude Day, September 21, we offer these research-backed [gratitude tools](#) from *Positive Psychology* to explore new ways of expressing gratitude in our daily lives.



CLICK OR SCAN

How to Work with Difficult People

In this article from *Forbes*, author and podcast host Amy Gallo provides a [research-based guide](#) to navigating workplace dynamics and difficult relationships with peers.



Thrive Thursday Training

We remind all employees of this free, virtual training opportunity in partnership with the University of Maryland College Park. Register for Thrive Thursday: [Managing Change](#) to be held **Thursday, September 29**, at 9 a.m. via Zoom. Learn about common reactions and emotions that accompany change, and how to successfully navigate them. Be sure to contact your supervisor for approval prior to attending this session.



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:

[The Nine Best Ways to Invest in Yourself](#)



[The Power of Broadening Compassion](#)



We often take for granted the very things that most deserve our *gratitude*.

– Cynthia Ozick

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