

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!



React Less, Respond More

This [interactive tool](#) from *Six Seconds* is a powerful exercise on daily pressures that cause us to react and how we can find the balance to respond instead. For stress-relieving ideas, watch this [short video](#).



CLICK OR SCAN



Leading Through Uncertainty

In this *Harvard Business Review* [Management Tip of the Week](#), learn six tips to help you confidently navigate change and lead your team through uncertainty.



Professional Development Week 2022

The University System of Maryland (USM) Professional Development Week virtual conference returns October 17-22, with the theme **Empower Your Journey: Unleash Your Potential**. Featuring a keynote panel of USM leaders and engaging workshops on productivity, personal leadership mastery, workplace wellness, and diversity, equity and inclusion, as well as networking opportunities with colleagues from across the system, this is a free training event, which is not to be missed! [RSVP here](#) and be sure to request approval from your supervisor.



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:

[Managing Emotional Response to Workplace Stress](#)



[Leading with a Growth Mindset](#)



The ability to *learn* is the most important quality a leader can have.

– Sheryl Sandberg



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