

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!



Embracing Hygge Season

As the cooler fall weather beckons us to cozy up at home, this [NPR LifeKit article](#) explains the Danish concept of hygge and the many ways we can embrace this soul-nourishing lifestyle.



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3 Exercises to Improve Self-Awareness

In her LinkedIn Learning course Developing Self-Awareness (linked below), psychologist and mindset expert Gemma Leigh Roberts explained: "If you want to develop your leadership skills, enhance your career progression or focus on your personal development, building self-awareness is critical." Roberts designed [three exercises](#) to help you develop self-awareness strategies in areas pivotal to your career journey.



Leadership Wisdom from Steve Jobs

"The co-founder of Apple [utilized this skill](#) to inspire and motivate people to be and do their best." Discover Steve Jobs' leadership advice in this article from Inc.



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:

[Developing Self-Awareness](#)



[Coaching and Developing Employees](#)



Hygge is about having less, enjoying more; the pleasure of simply being.

– Louisa Thomsen Brits

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