

Fridays with the Flock

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!

Escape the Spending Trap

As our email inboxes fill with holiday and year-end sale advertising from retailers, Joshua Becker, *Becoming Minimalist* blogger, offers [several tips](#) to help us avoid the trap of consumerism this time of year.



CLICK OR SCAN

Permission to Dial It Back

"We've heard it time and time again that overwork is ineffective to our productivity. More so, it can hurt our health. But giving ourselves permission to dial it back is difficult." [This article](#) from *Harvard Business Review* gives practical ways to do just that.



Employee Wellness Workshops

We invite you to attend the following free virtual sessions in December featuring employee wellness topics. Watch your email for additional details on both events!

- *GuidanceResources* "[Running on E: Adding Energy and Passion to Your Work and Life](#)" - this virtual webinar is **Friday, December 9**, at noon, compliments of Human Resources.
- University System of Maryland **Winter Wellness** virtual workshop on **Tuesday, December 20**, includes multiple sessions and topics throughout the day (registration email to follow).



We encourage participation in these year-end wellness sessions with your supervisor's approval.



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:

[A Leader's Guide to Reducing Team Burnout](#)



[Discover Your Stress Personality](#)



An empty tank will take you exactly
nowhere. Take time to *refuel*.

- Unknown

Make Tomorrow Yours ›

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