

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!



Five Mistakes We Make When We're Overwhelmed

When we feel overwhelmed, the ways we react can actually make things worse. Read on for ways to avoid these **common self-sabotaging mistakes** in this *Harvard Business Review* Management Tip of the Week.



CLICK OR SCAN

How To Deal With Criticism

In [this article](#) from *Inc.*, learn how to use emotional intelligence skills to rewire the way you deal with negative feedback in the workplace.



Employee Wellness Workshops

We invite you to attend the following free workshops this month in partnership with *GuidanceResources*, featuring employee wellness topics. Register now using the links below!

- **[“Running on E: Adding Energy and Passion to Your Work and Life”](#)** - virtual webinar this **Friday, December 9, at noon**, compliments of Human Resources.
- University System of Maryland **[USM Winter Wellness](#)** virtual workshops on **Tuesday, December 20**, including multiple sessions and topics throughout the day.



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:

[How to Manage Feeling Overwhelmed](#)



[Developing Mental Toughness for Leadership](#)



Reject your sense of *injury*, and the
injury itself disappears.

- Marcus Aurelius

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