

# 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!



## Resolve to Focus on Wellness

Focus on self-care in 2023 with these [10 resolutions](#) from Dr. Bryan Robinson, *Forbes* contributor, author, professor, therapist and work-life balance expert.



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## Build a Better To-Do List

“When you make a to-do list that’s aligned intentionally with what you want out of your life, it’s really powerful.” Learn how in this [NPR Life Kit article](#).



## Four Leadership Trends for 2023

Leaders are entering the new year with a renewed focus on supporting employee development and well-being. Read on for [four trends](#) to watch for from *FastCompany*.



## 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:

### Leadership Skills for the Future



### Building a Better To-Do List



We are what we repeatedly do. Excellence, then, is not an act, but a *habit*.

– Will Durant

Make Tomorrow Yours ›

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