

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!

Explore the Things That Scare You

“For many of us, the best way to face down our fears is with curiosity.” This Inc. article will show you how to [step out of your comfort zone](#) to explore new challenges.



Performance Review Prep Conference

The University System of Maryland (USM) Learning and Talent Development Committee is partnering with EAP provider ComPsych to provide all USM employees a **free, half-day conference** on **Thursday, March 2**, to set you up for success in the upcoming performance review cycle this spring. [RSVP here](#) to view all six workshop options and register today! By registering, you will also have access to view the workshop recordings at a later date. Please request supervisor approval to attend the live sessions on March 2.



USM Microaggressions Workshop

Join the USM Foundation for a free virtual webinar **Subtle Sights: Recognizing and Responding to Microaggressions** on **Thursday, March 16**, at 9 a.m. “Microaggressions speak to the attitudes, dispositions and comments that many times lead to the devaluing of members of a community. This session will identify types of microaggressions, help us understand the impact of personal perceptions, and develop strategies to remedy instances of potential or perceived incivility.” [RSVP here](#) to learn more, and be sure to request supervisor approval prior to attending.



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:

[Nine Career Lessons
You'll Wish You Learned Sooner](#)



[Dealing with Microaggression
as an Employee](#)



Fear kills more dreams than
failure ever will.

– Suzy Kassem

Make Tomorrow Yours >

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Quality Services • Guidance • Assistance

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