

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!



Three Steps to Beat Personal Doubt

In this *Inc.* article, behavioral scientist Nick Hobson explains how to beat the stress and anxiety caused by “personal uncertainty” by creating a [self-concept map](#) to create a visual guide to the many roles we fill and attributes we value.



CLICK OR SCAN

Is It Beneficial?

Joshua Becker, author, blogger and minimalism expert, suggests [using this question](#) to become more intentional in our decision-making for a more fulfilling life.



How to Catch a Frog

You may have heard the old adage, “if you have to swallow a frog, swallow it first thing in the morning.” [This article](#) puts a new spin on “catching a frog” to increase productivity and end the habit of procrastination.



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:

[Building Self-Confidence](#)



[Secrets of Effective Prioritization](#)



I realized that life is a *question*, and how we live it is our *answer*.

– Gary Keller



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