

# Fridays with the Flock

Learning resources from the Salisbury University HR Team



OCTOBER 13, 2023 | VOL. 46

## 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!



## 2024 Benefits Open Enrollment is Here!

Annual Benefits Open Enrollment is here! 2024 Health Benefits Open Enrollment will begin on **Monday, October 16**, and will close promptly at 5 p.m. on **Thursday, November 9, 2023**. [Click here](#) for more details related to this year's Open Enrollment. For plan information, please visit <https://mymdbenefits.com/>.



CLICK OR SCAN

## World Mental Health Day

World Mental Health Day, observed on Tuesday, October 10, is an important event that raises awareness about mental health and emphasizes the significance of taking care of our emotional well-being. The



University's Employee Assistance Program (EAP) provider, ComPsych, offers a multitude of resources for employees, including a

**Mental Health Toolkit** (left QR code) and **Destigmatizing Mental Health** fact sheet (right QR code).



## Develop Your Storytelling Skills

Storytelling is an effective leadership skill – in fact, research shows we are seven times more likely to remember a fact when it's told through a story. As this article from *Harvard Business Review* reveals, "leaders who want to succeed should master these **five types** of narratives."



## 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 Make Work More Meaningful



### Storytelling for Leaders



Work doesn't give you purpose.  
You give purpose to work.

– Unknown

Make Tomorrow Yours >

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