# tridays with the Flock Weekly learning resources from the Salisbury University HR Team

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## Welcome to Fridays with the Flock!

Join us each week for recommended readings, training links and insights to help you thrive at work and beyond. Happy Friday!



### Be Intentional with **Your Free Time**

According to results from a large study, we tend to spend our free time doing the things that make us least happy. Learn how to be more intentional and make simple changes to add more joyful moments to your leisure time.



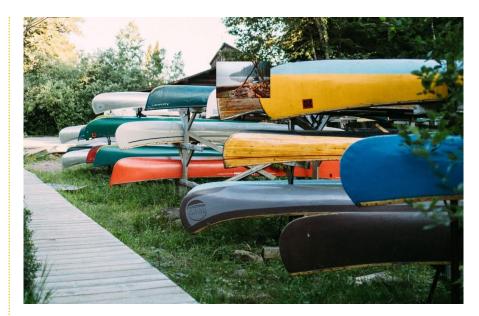
### **How the Best Teams Keep** Good Ideas Alive

How can leaders empower their teams to both voice new ideas and ensure they are implemented? Through their research on "voice cultivation," the authors have developed these key tactics for creating a more inclusive environment for idea generation.

#### **Habits for Better Mental Health**

As we wind down the month of May, this article reminds us of proven ways to improve mental health and wellness all year long.





# **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:

> **Enhancing Team Innovation**



Well-Being in the **Workplace** 



Innovation is the ability to see change as an *opportunity* – not a threat.

- Steve Jobs



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