Fridays with the Flock

Weekly learning resources from the Salisbury University HR Team

OCTOBER 14, 2022 | VOL. 28

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!

Time for a Digital Detox

"Experts say that too much screen time can have a negative impact on our mood, relationships, sleep patterns and overall health. Suffice to say, taking a break from technology can help us feel better and more connected." Find out how to begin a **digital detox** in this article from MetLife.

CLICK OR SCAN

Four Types of 1:1 Meetings

Rohan Rajiv of LinkedIn shares lessons he's learned on **strategies** to make the most of your one-on-one meetings with colleagues. Learn what to focus on for better collaboration, productivity and calendar management.

Professional Development Week 2022

The University System of Maryland (USM) **Professional Development Week:** *Empower Your Journey: Unleash Your Potential* free virtual conference returns **October 17-22**. Sign up today for an impressive lineup of USM keynote speakers and engaging workshops on productivity, personal leadership mastery, workplace wellness, and diversity, equity and inclusion! **RSVP here** and be sure to request approval from your supervisor.
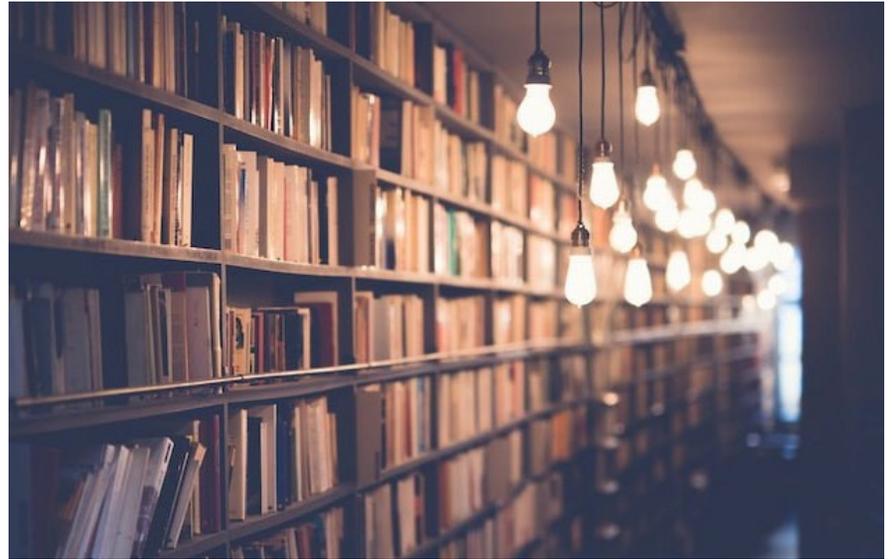
LinkedIn Learning This Week

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:

Thrive: Learning How to Unplug and Recharge

How to Have Productive One-on-One Meetings

Disconnecting from our technology to reconnect with *ourselves* is absolutely essential for wisdom.

– Arianna Huffington