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FREE 90 minute learning sessions to build your thriving workplace knowledge and skills

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| February 23, 2017 | **What’s Your Brain Got To Do With It?**  
Explore how the instinctive tendencies of your brain affect your work and life. Learn strategies to harness its power to promote better communication, understanding, problem solving, and empathy. |
| March 16, 2017  | **Strategic Planning Basics**  
Not just another report on a shelf. Learn the elements of an effective strategic plan and processes to help create one. |
| April 27, 2017  | **Frequent Recognition and Encouragement**  
Every seven days – have you given or received praise or recognition? Learn why it’s important and how to give it effectively. |
| May 11, 2017    | **Avoiding Death by Meeting**  
Learn strategies for leading meetings that are productive, useful, and relevant. |
| June 8, 2017    | **Leading from the Positive Edge**  
Get farther faster by focusing on what’s right rather than what’s wrong. Learn strategies for enhancing the positive in your work environment. |
| July 20, 2017   | **Having Tough Conversations**  
Discover strategies for having effective conversations about tough topics. |
| August 17, 2017 | **Human Needs for a Thriving Workplace**  
Titles don’t matter when you understand the four basic human needs each of us require to thrive at work. |
| September 14, 2017 | **Feedback & Feedforward**  
Explore how to give and receive productive feedback (and feedforward). |
| October 12, 2017 | **Managing Unsolvable Problems: Polarities at Work**  
Many situations at work are not really problems that can be solved but ones that can be managed by understanding the concept of polarities. Learn how to name and navigate through the ups and downs of common workplace polarities. |

All sessions are from 9:00-10:30am  
at the Center for Leadership & Organizational Change (CLOC)  
Seneca Building – Suite 0102; 4716 Pontiac St., College Park, MD 20740

Register by sending your name, department, and session requests to thrivingworkplace@umd.edu