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!

10 Ways to Improve Your Focus
In a fast-paced world full of technology-driven distractions, it has become increasingly harder to focus on any one task. This article from Indeed provides tips to improve your focus and concentration to be your best at work.

Ask a Coworker How They’re Doing
In recent survey findings, over 40% of U.S. workers are feeling disconnected and isolated at work. Learn how the power of conversation can help us feel a stronger sense of belonging.

How to Lose Gracefully
Losing can be transformative, if you have the right mindset. Read or listen to this NPR podcast to find out how you can turn a failure into an opportunity.

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:
- Improving Your Focus
- Creating a Connection Culture
- Subtle Shifts in Thinking for Tremendous Resilience

Failure is just another way to learn how to do something right.
– Marian Wright Edelman

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