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!

How to Effectively Lead from the Heart
This article by Susan Mackenty Brady, CEO of the Simmons University Institute for Inclusive Leadership, is full of practical wisdom on how leaders can best use compassion, self-awareness and centering techniques to embrace “heart-minded” leadership.

Setting Boundaries for Work-Life Balance
Striking the right work-life balance can be hard to do. These four steps can help you maintain a healthy relationship to being dedicated to your work while protecting your personal time.

Administrative Professionals Conference
Don’t miss out! The University System of Maryland Training Committee holds its inaugural system-wide Administrative Professionals Conference: Reclaim - Rediscover - Renew in ’22 – on Thursday, April 28! This virtual conference is available at no cost to Salisbury University administrative professionals and all interested staff and faculty. Register now to learn about the Keynote Panel, many relevant workshop topics and unique networking opportunities. Be sure to contact your supervisor for approval prior to attending.

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:

Compassionate Leadership
Balancing Work and Life

When we match compassion with purpose, we begin to change the world.

– Zachariah Thompson

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