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!

Three Steps to Beat Personal Doubt
In this Inc. article, behavioral scientist Nick Hobson explains how to beat the stress and anxiety caused by “personal uncertainty” by creating a self-concept map to create a visual guide to the many roles we fill and attributes we value.

Is It Beneficial?
Joshua Becker, author, blogger and minimalism expert, suggests using this question to become more intentional in our decision-making for a more fulfilling life.

How to Catch a Frog
You may have heard the old adage, “if you have to swallow a frog, swallow it first thing in the morning.” This article puts a new spin on “catching a frog” to increase productivity and end the habit of procrastination.

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:

Building Self-Confidence
Secrets of Effective Prioritization

I realized that life is a question, and how we live it is our answer.

– Gary Keller