

## Professional Development Opportunities

### Webinars

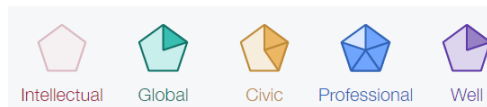
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#### **Increase Your Influence**

Tuesday, June 23<sup>rd</sup> 1PM-2PM EDT

#### **Hosted by PPS International**

Every day we have opportunities in our lives to be influential. This program addresses best practices in presenting your ideas, approaches and products in order to get buy-in and specific action from those you are trying to influence. While the program specifically addresses influencing leaders, the concepts and approaches are equally valid and useful when trying to get support from ANY decision maker.



*Can't attend? Try taking the course [Influencing Others](#) on LinkedIn Learning!*

#### **5 Behaviors of a Cohesive Team**

Tuesday, June 30<sup>th</sup> 1PM-4PM EDT

#### **Hosted by KJR Consulting**

This workshop is intended to provide participants with an opportunity to learn to collaborate more effectively by increasing team cohesion. Participants will gain a deeper understanding of how certain behaviors enhance or hinder team performance, as well as discover the five key behaviors that form the foundation of cohesive teamwork.



*Can't attend? Try taking the course [Teamwork Foundations](#) on LinkedIn Learning!*

#### **Working From a Distance**

Wednesday, July 1<sup>st</sup> 1PM-2:30PM EDT or Tuesday, July 14<sup>th</sup> 1PM-2:30PM EDT

#### **Hosted by PPS International**

Are you facing challenges in working with others from a distance? As technology becomes an increasingly bigger part of our professional lives, the need for managers and employees to work in the same location becomes less and less important. In addition, as organizations become more global, serving people across geographic boundaries means being able to build and maintain communication—when you don't have opportunities to be face-to-face.

During this session, we will clarify and discuss expectations for working from a distance as well as work through challenges.



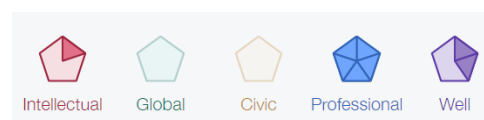
*Can't attend? Try taking the course [Time Management: Working from Home](#) on LinkedIn Learning!*

### **Healthy Conflict**

Wednesday, July 22<sup>nd</sup> 1PM-2PM EDT or Thursday, August 20<sup>th</sup> 1PM-2PM EDT

#### **Hosted by HRM L&OD**

This webinar will provide participants with an introduction to three basic techniques to help manage conflict. In addition, individuals will learn how conflict can be positive when it is healthy and constructive.



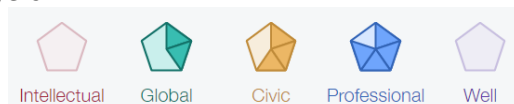
*Can't attend? Try watching the video [Manage Conflict](#) on LinkedIn Learning!*

### **The Ideal Team Player**

Tuesday, July 28<sup>th</sup> 1PM-4PM EDT

#### **Hosted by KJR Consulting**

People are not born to be natural team players. Team players are developed by embracing essential qualities through life experiences, personal development, and work history. More so, the *ideal* team player possess three essential virtues: *humility* – defining success collectively and not individually, *hunger* – always looking to do more, learn more, and work harder, and *smarts* – having a good sense about what is happening amongst their team. In this session, participants will review the three essential virtues in depth and discuss how they can embody these virtues to become ideal team players.



*Can't attend? Try taking the course [Being an Effective Team Member](#) on LinkedIn Learning!*

### **Finding Resilience During Challenging Times**

Tuesday, August 4<sup>th</sup> 1PM-2PM EDT

#### **Hosted by Dr. Kristen Lee, CPS**

The global pandemic has underscored the need for resilience. We are grappling with immense complexity and uncertainty. Resilience is a process of positive adaptation through challenging circumstances-one that we can harness even while coping with intensive personal and professional responsibilities.

Learn from Northeastern faculty expert Dr. Kristen Lee about ways we can apply modern brain science to develop a strategic plan for well-being during unprecedented times.

- Consider ways to navigate complexity and cultivate personal and professional resilience

- Discover methods to mitigate anxiety and stress through self-care
- Identify ways to leverage “protective factors” — adopting and practicing mindsets, behaviors, and activities that serve as buffers and help bolster well-being



*Can't attend? Try taking the course [Building Resilience](#) on LinkedIn Learning!*

### **Are You Happy Now?**

Wednesday, August 26<sup>th</sup> 1PM-2PM EDT

#### **Hosted by New Directions**

While happiness is certainly influenced by external events, a large part of the happiness –and stress— we experience is based on our thoughts. Join us for this powerful session, where we'll demonstrate how very small shifts in thinking and behavior can make a huge impact. Participants will leave with the tools needed to adopt a mindset that has been shown to generate greater productivity, reduce stress, and enhance fulfillment and life satisfaction.



*Can't attend? Try taking the course [Thriving @ Work: Leveraging the Connection between Well-being and Productivity](#) on LinkedIn Learning!*

### **The 5 Bucket Principle**

Thursday, September 10<sup>th</sup> 1PM-2PM EDT

#### **Hosted by New Directions**

Is it possible to meet the competing demands of job, family, friends, school and work? The resounding answer is yes! In this fun, interactive seminar, participants will learn the Five Bucket Principle of work/life balance to get the tools to prioritize what is and should be important to them. They will learn how to think about the BIG PICTURE without ignoring the little things that matter. We will show them how to find the time to manage it all – including time for themselves and fun by identifying priorities, making choices and managing expectations.



*Can't attend? Try taking the course [Life Mastery: Achieving Happiness and Success](#) on LinkedIn Learning!*

## Performance Management Opportunities

### eLearning

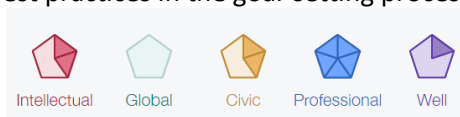
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#### Goal Setting

Self-Paced in Canvas starting in July

#### Audience: Staff and Managers of Staff

Each fiscal year Northeastern staff members document performance and development goals that guide how they will focus their time in the upcoming year and how their performance will be evaluated at the end of the year. Goal setting is important because it is foundational to the other activities in the performance and development cycle. This course provides Northeastern staff members and their managers best practices in the goal-setting process.



*Still need help? Get one-on-one feedback from an HR Business Partner. Find out more in July!*

## Manager Opportunities

### Webinars

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#### Leading from a Distance

Thursday, June 25<sup>th</sup> 12PM-1:30PM EDT

#### Hosted by PPS International

As technology becomes an increasingly bigger part of our professional lives, the need for managers and employees to work in the same location becomes less and less important. In addition, as organizations become more global, serving people across geographic boundaries means being able to build and maintain communication—when you don't have opportunities to be face-to-face. Managers who are responsible for the work of those whom they don't see every day face the same challenges as other leaders—getting results through others—but they have the additional challenges of leading from a distance.

During this session, those who manage remote employees learn the basics of effective leadership as well as how to address the specific needs of employees without having daily face-to-face contact.



*Can't attend? Try taking the course Leading at a Distance on LinkedIn Learning!*