MAP OF LEARNING AND DEVELOPMENT OPPORTUNITIES AT THE U

ONBOARDING ORIENTATIONS

Virtual Offerings
- I am the U
- We Care

PROFESSIONAL DEVELOPMENT

Virtual Offerings
- Develop Yourself: Lead Effective Meetings
- Develop Yourself: Organizational Skills & Time Management
- Develop Yourself: Coaching & Feedback
- Develop Yourself: Virtual Facilitation Skills
- Develop Yourself: Emotional Intelligence in the Workplace
- Navigating Change in Challenging Times
- Creating a More Inclusive Environment: Understanding our Unconscious Bias

ELECTIVE PROFESSIONAL DEVELOPMENT

Self-Paced
- Leading Yourself
- Developing Your Emotional Intelligence
- Influencing Others
- Improving Your Listening Skills
- Public Speaking Foundations
- Overcoming Your Fear of Public Speaking
- Recharge Your Energy for Peak Performance
- The Six Morning Habits of High Performers
- Take a More Creative Approach to Problem Solving
- How to Make Strategic Thinking a Habit
- Project Management Tips
- Service Empathy Compassion