

# THrive Thursday

2018-2019

FREE 90-minute learning sessions to build your thriving workplace knowledge & skills

Date	Topic
September 6, 2018	<b>Gold Stars for Grown-Ups</b> Learn why giving praise and recognition is so important, and how to do it effectively. <b>Register at:</b> <a href="https://go.umd.edu/ttsept2018">https://go.umd.edu/ttsept2018</a>
October 18, 2018	<b>From Problem to Possibility: Leading from the Positive Edge</b> Get farther faster by focusing on what's right rather than what's wrong. Learn strategies for enhancing the positive in your work environment. <b>Register at:</b> <a href="https://go.umd.edu/ttoct2018">https://go.umd.edu/ttoct2018</a>
November 29, 2018	<b>Navigating Relationships: What's Your Brain Got to Do with It?</b> Explore how the instinctive tendencies of your brain affect your work and life. Learn strategies to harness its power to promote better communication, understanding, problem solving, and empathy. <b>Register at:</b> <a href="https://go.umd.edu/ttnov2018">https://go.umd.edu/ttnov2018</a>
December 6, 2018	<b>ABC's of Resilience</b> Explore and practice specific tools for calming your brain and dealing more effectively with stressful and unpredictable situations. <b>Register at:</b> <a href="https://go.umd.edu/ttdec2018">https://go.umd.edu/ttdec2018</a>
January 24, 2019	<b>Make it Happen: Strategic Doing</b> Learn a more dynamic, action-centered way to plan for the future. <b>Register at:</b> <a href="https://go.umd.edu/ttjan2018">https://go.umd.edu/ttjan2018</a>
February 7, 2019	<b>Win-Win: The Power of Managing Up</b> Learn how to increase your influence by tailoring your message to leadership. <b>Register at:</b> <a href="https://go.umd.edu/ttfeb2018">https://go.umd.edu/ttfeb2018</a>
March 7, 2019	<b>Can I Give You Some Feedback?</b> Discover strategies to provide honest, effective guidance. <b>Register at:</b> <a href="https://go.umd.edu/ttmarch2018">https://go.umd.edu/ttmarch2018</a>
April 4, 2019	<b>Get Unstuck: Having Tough Conversations</b> Explore proven tactics for having effective conversations about tough topics. <b>Register at:</b> <a href="https://go.umd.edu/ttapril2018">https://go.umd.edu/ttapril2018</a>
May 23, 2019	<b>I'm Here for You: Making High Quality Connections at Work</b> Quality interactions between coworkers are a cornerstone of a thriving workplace. Discover the essential components of these connections, what makes them so powerful, and how to create space for more of them. <b>Register at:</b> <a href="https://go.umd.edu/ttmay2018">https://go.umd.edu/ttmay2018</a>

**All sessions are from 9:00 - 10:30 a.m.**

Seneca Building – Room 0110; 4716 Pontiac St., College Park, MD 20740

**Want to host a session for your group?**

Guarantee us at least 20 people and we'll bring it to you. Contact [thrivingworkplace@umd.edu](mailto:thrivingworkplace@umd.edu)



THRIVING  
WORKPLACE