### Thrive Thursday

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

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| September 5, 2019 | **ABC’s of Resilience**  
Explore and practice specific tools for calming your brain and dealing more effectively with stressful and unpredictable situations.  
Register at: https://go.umd.edu/ttsept2019 |
| October 24, 2019  | **Not Another Recognition Banquet: Praise and Recognition for the Everyday User**  
Learn why giving praise and recognition is so important, and how to do it effectively.  
Register at: https://go.umd.edu/ttoct2019 |
| November 7, 2019  | **From Problem to Possibility: Leading from the Positive Edge**  
Get farther faster by focusing on what’s right rather than what’s wrong. Learn strategies for enhancing the positive in your work environment.  
Register at: https://go.umd.edu/ttnov2019 |
| December 5, 2019  | **Building a Culture of Generosity in Your Organization**  
Explore the concept of “givers” and “takers” and the effect these behavior patterns can have on teams. Learn how to create a giving culture among your staff.  
Register at: https://go.umd.edu/ttdec2019 |
| January 23, 2020  | **Work Together Better: The Role of Psychological Safety**  
Learn about creating an organizational culture where knowledge and innovation flourish because people feel safe to contribute their ideas.  
Register at: https://go.umd.edu/ttjan2020 |
| February 20, 2020 | **Managing Change in the Workplace**  
The only constant in life is change. Learn about common reactions and emotions that accompany change and how to successfully navigate them.  
Register at: https://go.umd.edu/ttfeb2020 |
| March 5, 2020     | **Start With the End in Mind**  
Learn how logic models - tactical planning tools - can maximize your next project or initiative.  
Register at: https://go.umd.edu/ttmarch2020 |
| April 23, 2020    | **Bring Your Whole Self to Work**  
Learn why a more integrated you is a more productive you and practice tactics for putting the pieces together.  
Register at: https://go.umd.edu/ttapril2020 |
| May 28, 2020      | **The Science of Motivation**  
Explore what motivates people, and put what we know into practice.  
Register at: https://go.umd.edu/ttmay2020 |

**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