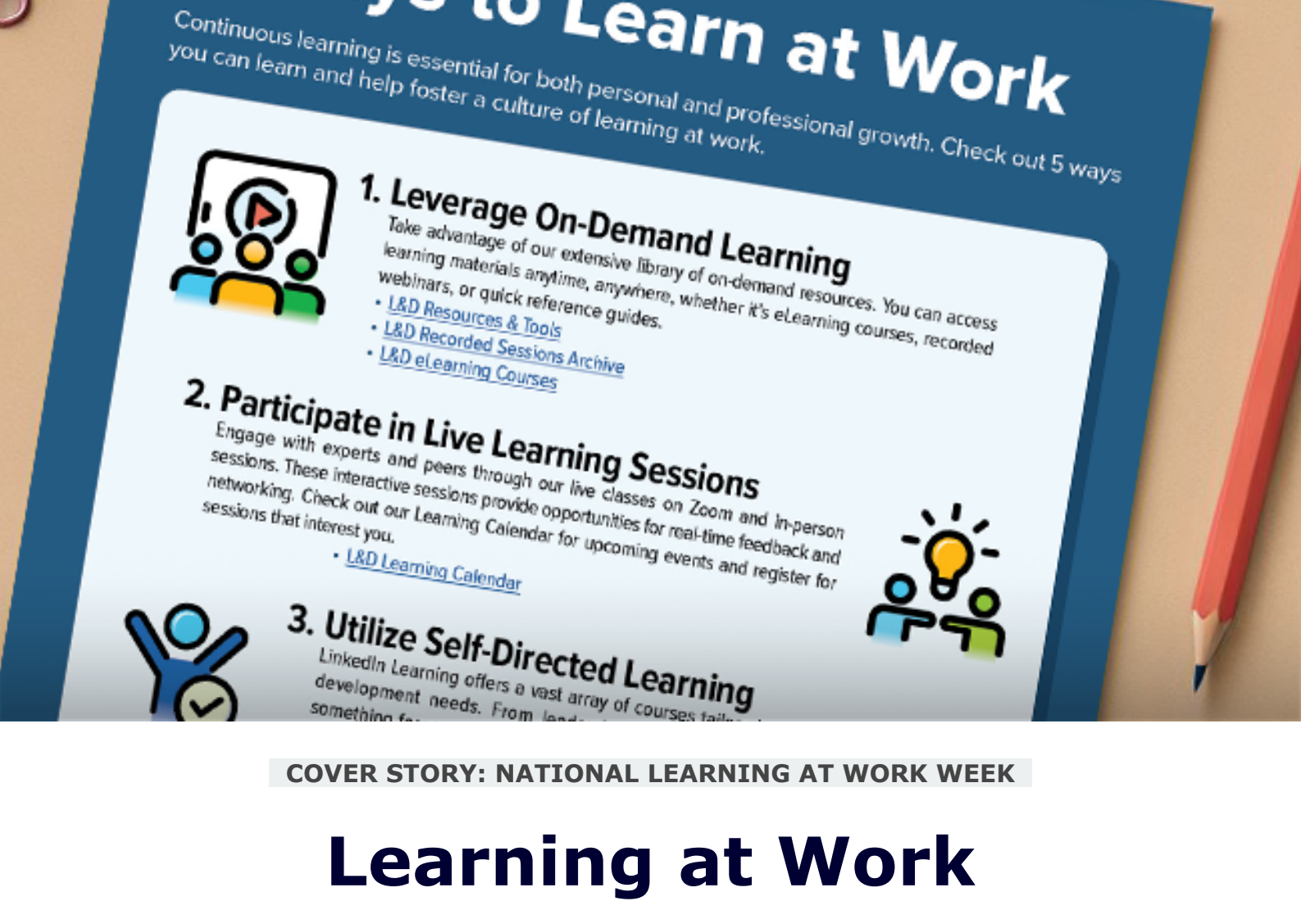


LEARNING & DEVELOPMENT NEWS

UAB The University of Alabama at Birmingham.
Learning & Development



COVER STORY: NATIONAL LEARNING AT WORK WEEK

Learning at Work

To celebrate National Learning at Work Week 2025, we invite you to dive into Learning & Development (L&D) programs and resources—after all, learning is in our name. Continuous learning is essential for both personal and professional growth. Here are 5 ways to learn at work. Enjoy!

1. Leverage On-Demand
2. Participate Live
3. Self-Direct
4. Learn Together
5. Seek Out Informal learning

Pro Tip

Remember that learning any skill often takes the shape of a J-curve when depicted on a graph. Performance may decline when you first attempt to learn a new skill, but performance will increase with determination and a growth mindset.



Click the button to download the full job aid, complete with links to useful resources. Print and display in your office or forward to your team to help keep these tips top of mind.

[Download 5 Ways to Learn at Work](#)

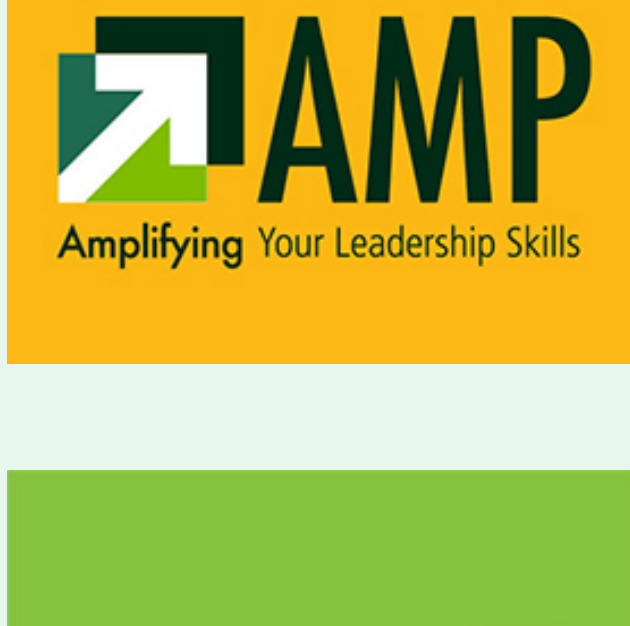
May LearnDev Program Calendar



The UAB Journaling Club

Wed., May 7 | 11 a.m. to 12 p.m. | ZOOM

Join **Dr. Samantha Mladen, Postdoctoral Fellow, Rehabilitation Psychology, Department of Physical Medicine & Rehabilitation, Alison Kniseley, Learning and Development Specialist, and Artist in Residence Salaam Green**, for an engaging discussion on mindfulness, both present and future-oriented, as we explore the concept of the self. Practice writing a letter to your future self—an enlightening and inspiring exercise.



Influence & Presence

Thu., May 8 | 10:30 a.m. to 12 p.m. | ZOOM

This program explores professional influence and presence. Participants will define core principles, identify behaviors that build influence, and enhance their presence in daily interactions. Through practical insights and reflective exercises, AMP Leadership Series empowers individuals to show up with clarity, confidence, and impact.



Create a Team in Teams

Mon., May 12 | 11 to 11:45 a.m. | ZOOM

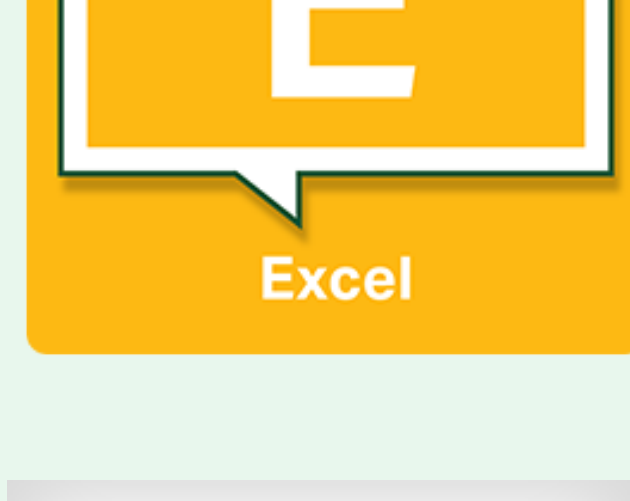
In Microsoft Teams, you can create and manage teams. During this session, we will explore how to create teams for multiple projects. We will also explore how to share files as well as how to add and remove members.



The Pillars of Effective Interactions

Thu., May 15 | 11 to 11:45 a.m. | ZOOM

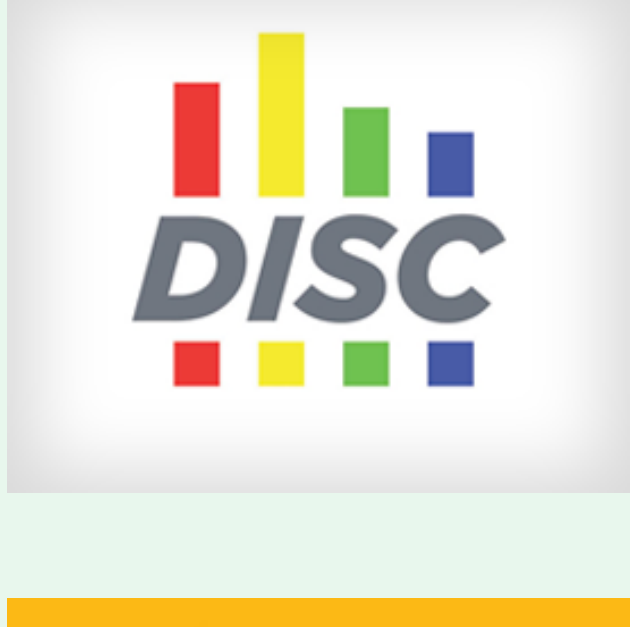
Attend this popular program and walk away knowing that powerful communication involves effectively combining three elements to create a strong connection with your audience.



Excel: Ja'Bria D. Barber, PhD

Tue., May 20 | 11 a.m. to 12 p.m. | ZOOM

Join **Dr. Ja'Bria Barber, MT-BC (NICU-MT), Assistant Professor, Director of Music Therapy** as she discusses how the UAB's Shared Values influence behavior, relationships, and decision-making. Discover how UAB's Shared Values can guide your everyday work.



Understanding Your Behavioral Style

Wed., May 21 | 9 to 11:30 a.m. | MT419A

The DISC Model offers insights into communication preferences and tendencies and guides you on maximizing your potential results. This workshop will help you understand your behavioral style and how it influences your behavior.



The Coaching Connection

Tue., May 27 | 10:30 a.m. to 12 p.m. | ZOOM

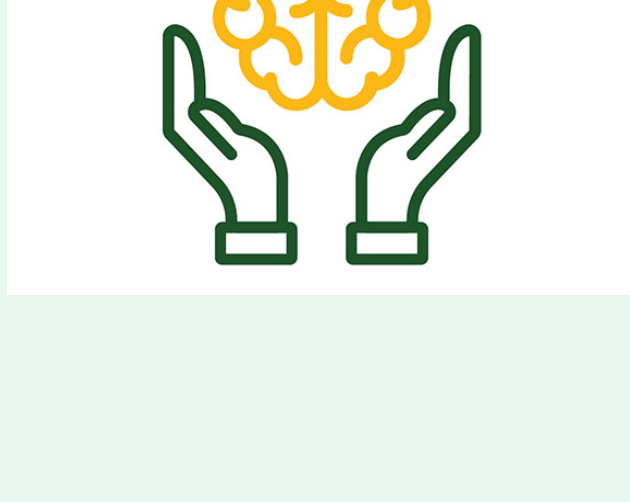
Great coaching empowers individuals, strengthens teams, and drives workplace success. This course covers coaching fundamentals, key skills, and cultivating a coaching mindset. Through discussions and exercises, attendees will gain tools to foster growth, build trust, and create connections.



AI @ Work: Box AI

Wed., May 28 | 11 to 11:45 a.m. | ZOOM

In this special episode, we will discover how you can the AI tools built into Box (an approved Cloud File sharing platform). Join **Daniel Zarazua (Box Customer Success Manager for UAB)** and **Jerad Watson (Manager at L&D)** as they demo the tool and discuss how to utilize it in everyday work.



Psychological Safety

Thu., May 29 | 1 to 3 p.m. | ZOOM

Psychological Safety is a shared team belief that taking interpersonal risks is safe. This means speaking up, sharing ideas, expressing concerns, and admitting mistakes without fear of punishment, ridicule, or negative consequences to one's self-image, status, or career.

June LearnDev Program Calendar

Emotional Intelligence

Tue., June 3 | 1:30 to 3:30 p.m. | MT419A

Learning from Leaders: Teresa Taber Doughty

Thu., June 5 | 11 a.m. to 12 p.m. | ZOOM

Shifting to Leader Ready

Thu., June 12 | 9 to 11 a.m. | MT419A

LinkedIn Learning Chats: Power of Nonverbal Signals

Wed., June 4 | 11 to 11:45 a.m. | ZOOM

TechTalk: Team Settings

Mon., June 9 | 11 to 11:45 a.m. | ZOOM

Multigenerational Workforce

Tue., June 17 | 9 to 11 a.m. | MT419A

MISSED A SESSION?

See on-demand content from previously recorded programs. Click the links below to access the [L&D Digital Recording Archives](#).

- [AI @ Work](#)
- [AMP Leadership Series](#)
- [Improving Your "Outlook"](#)
- [Journaling Club](#)
- [Learning from Leaders](#)
- [LinkedIn Learning Chats](#)
- [UAB Shared Values](#)
- [TechTalk](#)

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