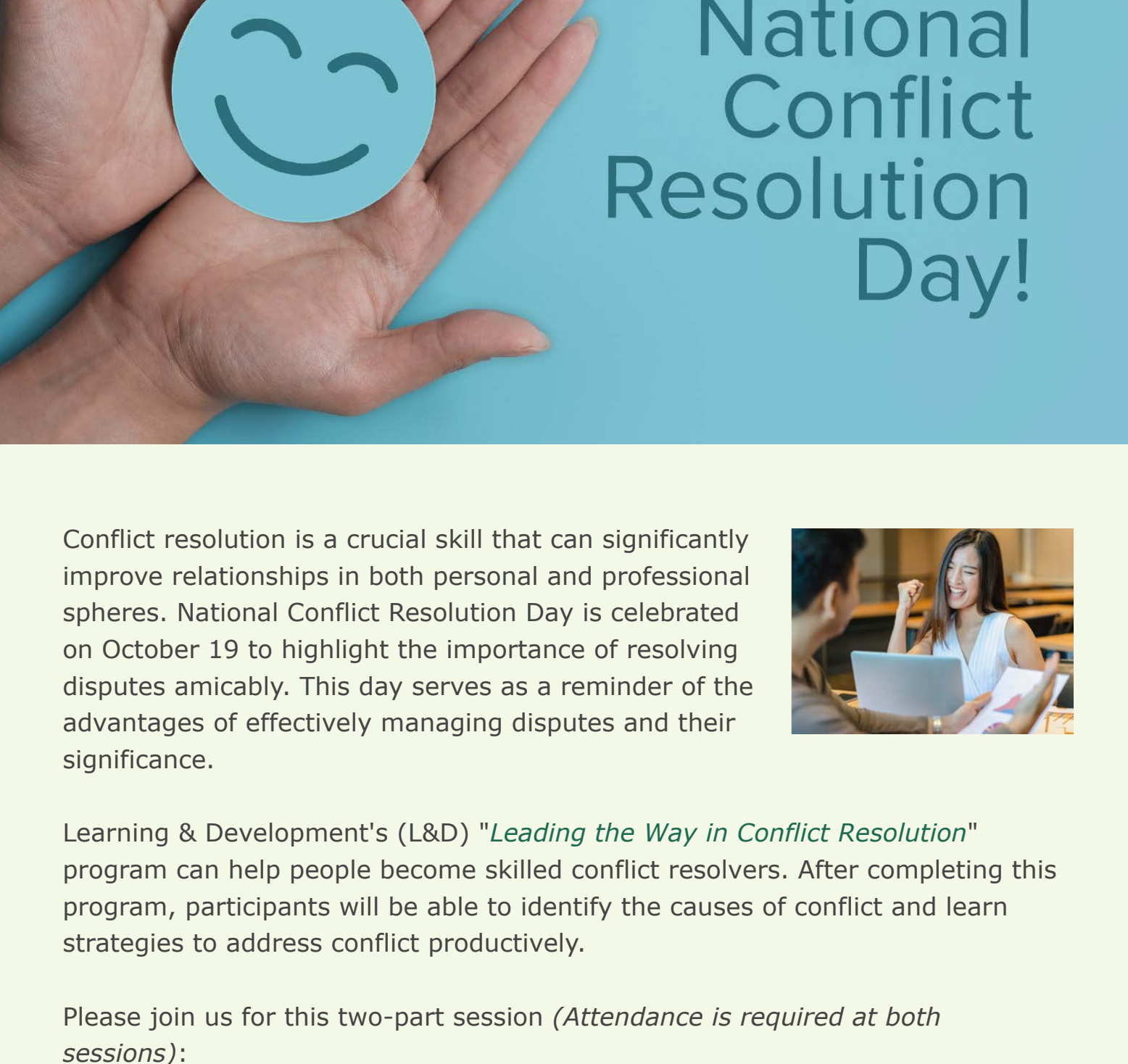


LEARNING & DEVELOPMENT NEWS

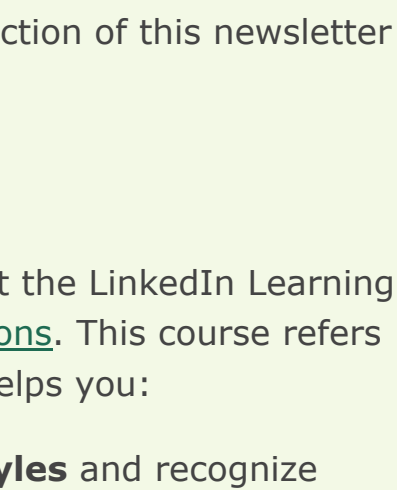
UAB
LEARNING & DEVELOPMENT
The University of Alabama at Birmingham

OCTOBER 2024



L&D CELEBRATES National Conflict Resolution Day!

Conflict resolution is a crucial skill that can significantly improve relationships in both personal and professional spheres. National Conflict Resolution Day is celebrated on October 19 to highlight the importance of resolving disputes amicably. This day serves as a reminder of the advantages of effectively managing disputes and their significance.



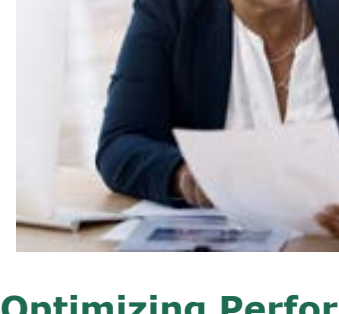
Learning & Development's (L&D) "*Leading the Way in Conflict Resolution*" program can help people become skilled conflict resolvers. After completing this program, participants will be able to identify the causes of conflict and learn strategies to address conflict productively.

Please join us for this two-part session (*Attendance is required at both sessions*):

- [Tuesday, November 12](#), Session 1 | 9 to 11:30 a.m. | MT-419A
- [Thursday, November 14](#), Session 2 | 9 to 11:30 a.m. | MT-419A

Register below or in the November LearnDev Programs section of this newsletter

REGISTER



Want to learn more now? Check out the LinkedIn Learning course [Conflict Resolution Foundations](#). This course refers to the Thomas Kilman model and helps you:

- Understand different conflict styles and recognize contentious tactics.
- Navigate conflict resolution with a practical framework, including identifying issues and opening the conversation.
- Improve listening and learn techniques to reframe problems and find common ground.

And remember, healthy conflict can be productive...

"Sometimes what looks like an obstacle in your path is actually a gift meant to move you in a different direction."

—Jane Lee Logan

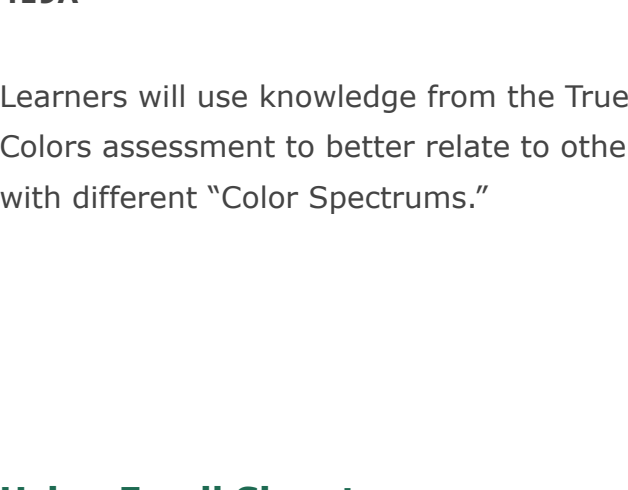
October LearnDev Program Calendar



Optimizing Performance: The Check-In Strategy

Tues., Oct. 15 | 1 to 2:30 p.m. | MT-419A

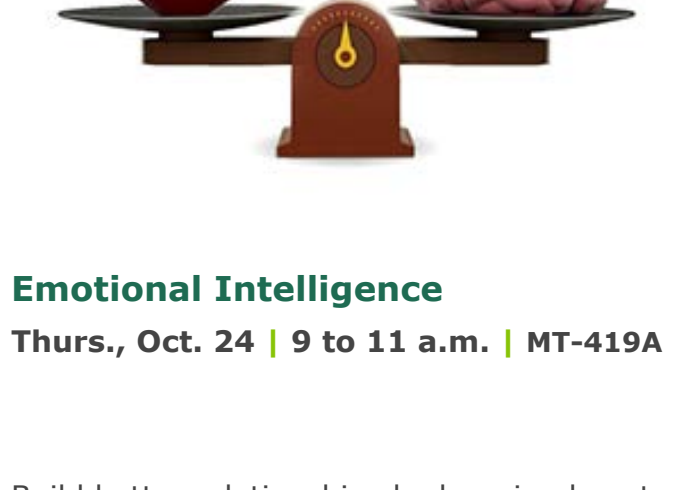
This course covers the importance of performance check-ins, fostering a positive work culture, and showing employee value and resources to enhance the process.



Making Recognition a Routine

Wed., Oct. 16 | 1:30 to 3:30 p.m. | MT-419A

This program addresses praise and recognition in three aspects: rewards as tokens, demonstrations of appreciation, and growth opportunities.



Have Fun Discover Ignite Commit

Thurs., Oct. 17 | 1:30 to 3:30 p.m. | MT-419A

Learners will use knowledge from the True Colors assessment to better relate to others with different "Color Spectrums."



Using Email Signatures

Mon., Oct. 21 | 11 to 11:30 a.m. | ZOOM

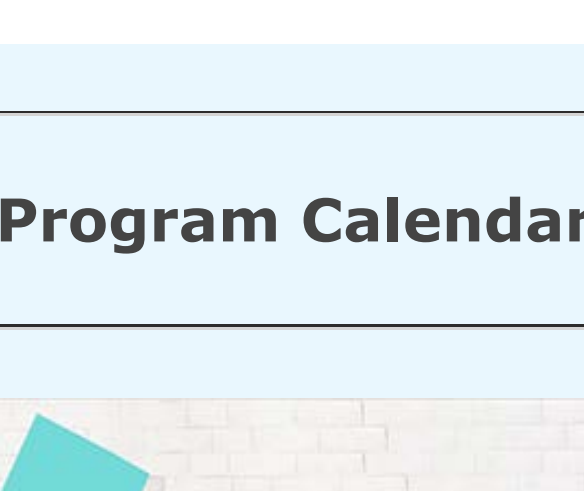
An email signature is essential for professional and personal reasons. It provides contact information, company identification, and a call to action. Come learn tips from guest **UAB Career Center Director Brandon Wright** and host and **L&D Specialist Alison Kniseley** to help you "Improve Your Outlook!"



Emotional Intelligence

Thurs., Oct. 24 | 9 to 11 a.m. | MT-419A

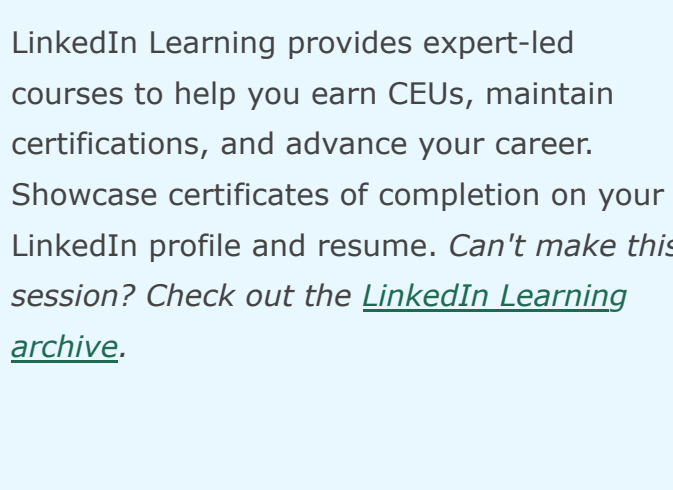
Build better relationships by learning how to reframe your emotions and adapt to the situations you encounter.



Shifting to Leader Ready

Tues., Oct. 29 | 10 to 11:30 a.m. | MT-419A

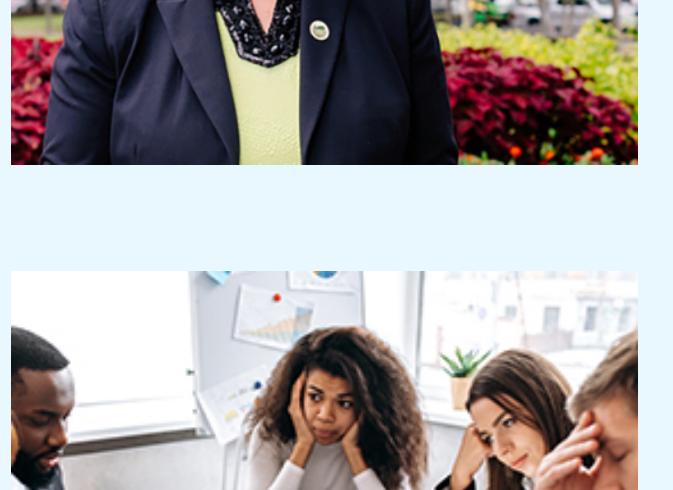
Emerging and aspiring leaders will explore numerous factors needed to become a successful people-leader.



Change Your Tone Using Copilot

Wed., Oct. 30 | 11 to 11:45 a.m. | ZOOM

Join **Bradford Bondurant (Systems Analyst Architect with UAB IT)** and **Jerad Watson (Manager at L&D)** as they demo the tool and help you sound more confident and compelling in your communications.



Psychological Safety

Thurs., Oct. 31 | 1:30 to 3:30 p.m. | ZOOM

When Psychological Safety is present, team members feel respect and acceptance and the environment is one that fosters collaboration, innovation, and high performance.

For the best participant experience, managers and their direct reports should attend different sessions.

November LearnDev Program Calendar



Exploring LinkedIn Learning: CEUs & Certificates

Mon., Nov. 4 | 11 to 11:45 a.m. | ZOOM

LinkedIn Learning provides expert-led courses to help you earn CEUs, maintain certifications, and advance your career. Showcase certificates of completion on your LinkedIn profile and resume. *Can't make this session? Check out the [LinkedIn Learning archive](#).*



Making Feedback Work for You as a Manager

Thurs., Nov. 7 | 9 to 10:30 a.m. | ZOOM

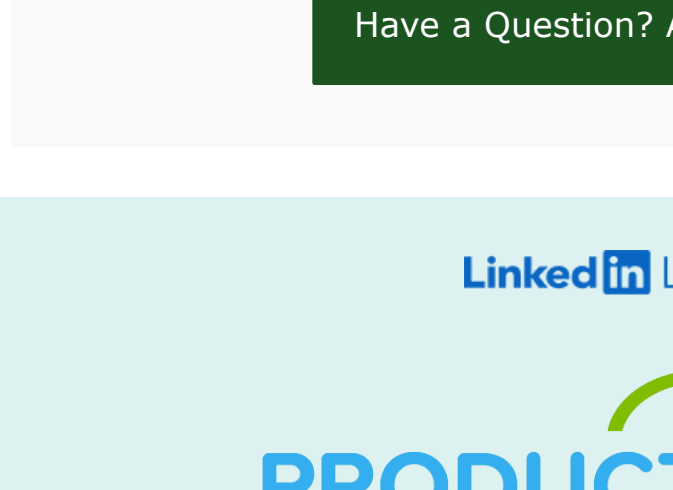
This workshop series helps employees develop feedback skills—giving and receiving. Learn strategies and apply them to a case study.



Leading From Leaders: Patricia Martinez

Thurs., November 7 | 11 to 11:45 a.m. | ZOOM

Learn from **Assistant VP for Student Affairs & Director of Division Operations**, as she shares her insightful and impactful inspirations on transformational leadership.



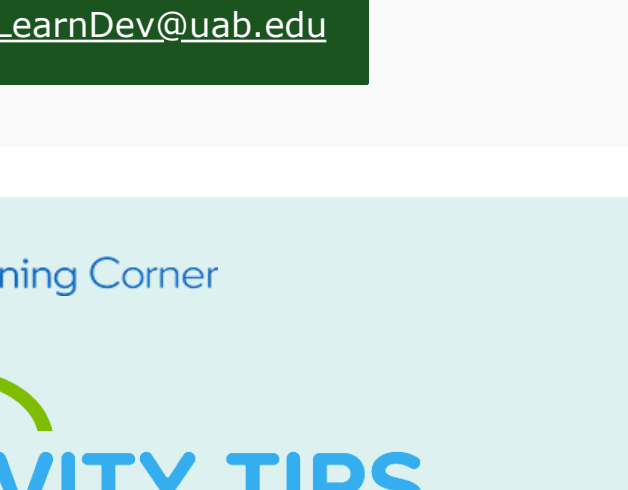
Lean Into Leadership

This is a two-day session

Tues., Nov. 12 | 1 to 3:30 p.m. | MT-419A

Wed., Nov. 13 | 9 a.m. to 12 p.m. | MT-419A

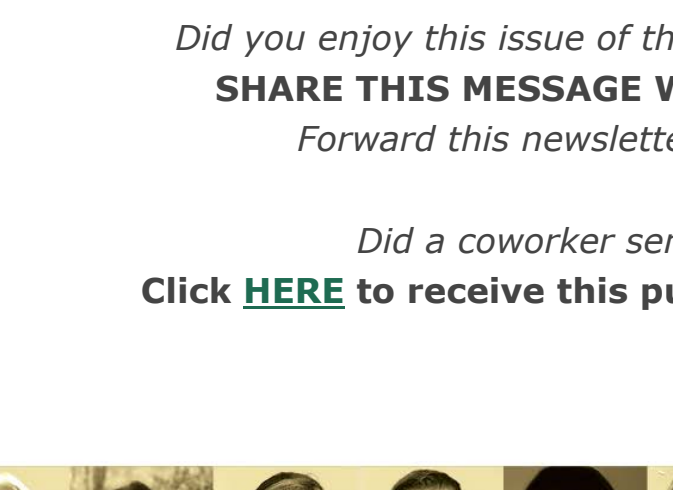
Explore the differences between leading and managing while acquiring tips to help you better manage your team and foster engagement.



Harvesting Happiness – Journaling for Gratitude, Gratefulness, and Thankfulness

Thurs., Nov., 14 | 11 a.m. to 12 p.m. | ZOOM

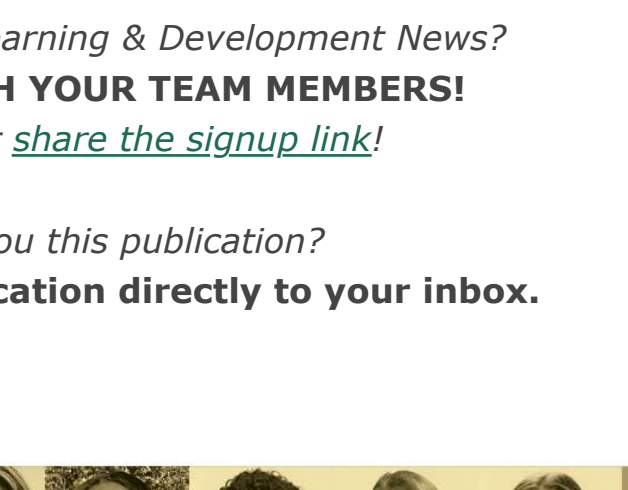
Discover how journaling can boost your happiness by cultivating gratitude, gratefulness, and thankfulness. Learn techniques to enrich your daily life and well-being.



Improving Your "Outlook": Setting Auto-replies

Mon., Nov. 18 | 11 to 11:30 a.m. | ZOOM

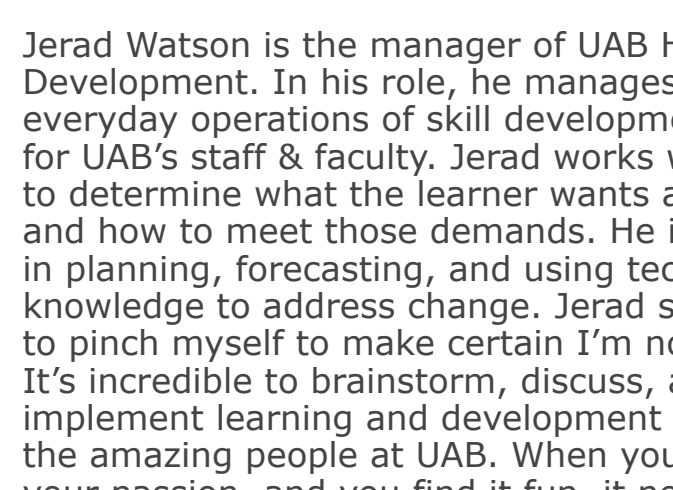
Learn to set up auto-replies in Microsoft Outlook. Master techniques to manage your inbox efficiently, ensuring timely responses even when you're away, not just when you're out of the office.



Exceptional Service Experience

Wed., Nov., 20 | 9 to 11 a.m. | ZOOM

This program covers the hallmarks of providing exceptional service and practical communication models to empower you in all interactions, from simple to challenging.



DISC - Understanding Your Behavioral Style

Wed., Nov., 20 | 1 to 3:30 p.m. | MT-419A

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



MISSED A SESSION?

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

- [AI Essentials](#)
- [Exploring LinkedIn Learning](#)
- [Improving Your "Outlook"](#)
- [Learning from Leaders \('24\)](#)
- [Journaling Club](#)
- [AI @ Work](#)

Have a Question? Ask LearnDev@uab.edu

LinkedIn Learning Corner

PRODUCTIVITY TIPS



Copilot Quick Tips

What is Copilot?

Getting to know Microsoft Copilot on the web.



Excel AI Quick Tips

Using AI in Excel

Excel has a host of AI tools you may not recognize.



Zoom AI Quick Tips

Explore AI Companion

Maximize and customize AI features in Zoom.

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Meet Our Team!

The HR Learning & Development team comprises talented professionals committed to enriching your career journey at UAB. We offer diverse expertise tailored to support your self-discovery and skill refinement. We aim to provide relevant learning opportunities as stepping stones toward your success.

Meet Jerad Watson

Jerad Watson is the manager of UAB HR Learning & Development. In his role, he manages the everyday operations of skill development available for UAB's staff & faculty. Jerad works with his team to determine what the learner wants and needs and how to meet those demands. He is an expert in planning, forecasting, and using technical knowledge to address change. Jerad said, "I have to pinch myself to make certain I'm not dreaming. It's incredible to brainstorm, discuss, and implement learning and development resources for the amazing people at UAB. When your work is your passion, and you find it fun, it never feels like work."



Say hello to [Jerad Watson](#) | [FULL BIO](#)

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