UAB The University of Alabama at Birmingham

LEARNING & DEVELOPMENT NEWS

OCTOBER 2025

Conflict is inevitable—but when managed well, it strengthens relationships, boosts collaboration, and drives better results. As we approach **National Conflict Resolution Day on October 16**, we're spotlighting tools, training, and resources to help you turn tension into transformation.

Join us for:

Emotional Intelligence: Monday, November 3, 1:30–3:30 p.m., ZOOM

8 Steps to Handle It Effectively

(Adapted from Forbes, 2023*)

1. **Acknowledge the Conflict**
2. **Clarify the Source**
3. **Listen Actively**
4. **Focus on Interests, Not Positions**
5. **Explore Options Together**
6. **Agree on the Best Solution**
7. **Define Clear Responsibilities**
8. **Follow Up**

*Forbes: 8 Steps to Effectively Handle Workplace Conflict (Liesbeth van der Linden, 2023)

Resources

The Three Pillars of Conflict	Basics of Resolving Workplace Conflict (2m)	Managing Team Conflict
(1h 17m)		(57m)

Click the button to download the full job aid, complete with examples. Print and display in your office to help keep these tips top of mind.

Printable Poster

October LearnDev Program Calendar

Making Recognition a Routine
Tue., Oct. 7 | 1 to 3 p.m. | MT-419A

TechTalk: MS Forms & Surveys
Mon., Oct. 13 | 11 to 11:45 p.m. | ZOOM

Shifting to Leader Ready
Tue., Oct. 14 | 9 to 11 a.m. | MT-419A

LinkedIn Learning Chats: Your Sphere of Influence
Thu., Oct., 16 | 11 to 11:45 a.m. | ZOOM

UAB Shared Values: Act with Integrity - Angela Stowe & Herbert Wilkerson
Tue., Oct. 21 | 11 a.m. to 12 p.m. | ZOOM

Communicate Better: The Message and Context
Wed., Oct. 22 | 2 to 3 p.m. | ZOOM

AMP: Influence & Presence
Tue., Oct. 28 | 9:30 to 11 a.m. | ZOOM

AI @ Work: LinkedIn Learning AI
Wed., Oct. 29 | 11 to 11:45 a.m. | ZOOM

AMP: Cultivating Trust
Thu., Oct. 30 | 1 to 2:30 p.m. | ZOOM

Check our **Learning Calendar** regularly for new programming

November LearnDev Program Calendar

Emotional Intelligence
Mon., Nov. 3 | 1:30 to 3:30 p.m. | ZOOM

Developing Great Presentations
Tue., Nov. 4 | 9 to 11 a.m. | MT-419A

Learning From Leaders: Jordan DeMoss
Thu., Nov. 6 | 11 a.m. to 12 p.m. | ZOOM

Tech Talk: Qualtrics Surveys
Mon., Nov. 10 | 11 to 11:45 a.m. | ZOOM

Lean Into Leadership
DAY 1, Tue., Nov. 11 | 1 to 3:30 p.m. | MT-419A
DAY 2, Wed., Nov. 12 | 9 a.m. to 12 p.m. | MT-419A

DISC – Understanding Your Behavioral Style
Wed., Nov. 12 | 1:30 to 4 p.m. | MT-419A

Imposter Syndrome
Thu., Nov. 13 | 10 to 12 p.m. | ZOOM

AMP: The Coaching Connection
Fri., Nov. 14 | 10:30 to 12 p.m. | ZOOM

UAB Shared Values: Respect All - Andrea McDew
Tue., Nov. 18 | 11 a.m. to 12 p.m. | ZOOM

Feedback for Impact
Tue., Nov 18 | 1:30 to 3 p.m. | ZOOM

AI @ Work: Copilot Agents
Wed., Nov. 19 | 11 to 11:45 a.m. | ZOOM

Taking Charge of Your Career: Strategies for Career Ownership
Thu., Nov. 20 | 11 a.m. to 12 p.m. | ZOOM

LinkedIn Learning Chats: Leading Without Formal Authority
Thu., Nov. 20 | 1:30 to 2:15 p.m. | ZOOM

TAP INTO OUR AMAZING CONTENT ANY TIME!

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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