



LMU Learning & Development Spring 2022 Workshops

JANUARY

1.13 Overcome Overthinking	2pm-3:30pm	UH 1900
1.21 Mission 101: Reflecting on Our Roots	12pm-1:30pm	UH 1900
1.25 Coping with Imposter Syndrome to Build Career Confidence	2pm-3:30pm	UH 1900
1.27 Learning to be Approachable	10am-11:30am	UH 1900

FEBRUARY

2.3 Communicating with Charisma	2pm-3:30pm	UH 1900
2.10 Secrets of Effective Prioritization	10am-11:30am	UH 1900
2.17 How to Manage Feeling Overwhelmed	2pm-3:30pm	UH 1900
2.24 Being an Effective Team Member	10am-11:30am	UH 1900

MARCH

3.3 Mindful Team Building	2pm-3:30pm	UH 1900
3.10 Coaching Skills for Leaders and Managers	10am-11:30am	UH 1900
3.17 Improving Your Judgement for Better Decision-Making	2pm-3:30pm	UH 1900
3.24 Crafting Questions to Make Better Decisions	10am-11:30am	UH 1900

APRIL

4.7 Building Self-Confidence	10am-11:30am	UH 1900
4.8 Mission 101: A Faith that Does Justice	12pm-1:30pm	UH 1900
4.21 Interpersonal Communication	10am-11:30am	UH 1900
4.28 Communicating Values	2pm-3:30pm	UH 1900

MAY

5.5 Improving Your Listening Skills	10am-11:30am	UH 1900
5.12 Creating Your Personal Brand	2pm-3:30pm	UH 1900
5.19 Developing a Learning Mindset	10am-11:30am	UH 1900
5.26 Starting a Memorable Conversation	2pm-3:30pm	UH 1900

JUNE

6.2 Well-Being in the Workplace	10am-11:30am	UH 1900
6.9 Mindful Stress Management	2pm-3:30pm	UH 1900
6.16 10 Mistakes Leaders Should Avoid	10am-11:30am	UH 1900
6.23 Influencing Others	2pm-3:30pm	UH 1900
6.25 Mission 101: Informed, Formed, Transformed	12pm-1:30pm	UH 1900