LEARNING & DEVELOPMENT

Spring 2022 Workshops

JANUARY
13th- Overcome Overthinking (2pm-3:30pm)
21st- Mission 101: Reflecting On Our Roots (12pm-1:30pm)
25th- Coping with Imposter Syndrome to Build Career Confidence (2pm-3:30pm)
27th- Learning to be Approachable (10am-11:30am)

FEBRUARY
3rd- Communicating with Charisma (2pm-3:30)
10th- Secrets of Effective Prioritization (10am-11:30am)
17th- How to Manage Feeling Overwhelmed (2pm-3:30pm)
24th- Being an Effective Team Member (10am-11:30am)

MARCH
3rd- Mindful Team Building (2pm-3:30pm)
10th- Coaching Skills for Leaders and Managers (10am-11:30am)
17th- Improving Your Judgement for Better Decision-Making (2pm-3:30pm)
24th- Crafting Questions to Make Better Decisions (10am-11:30am)

APRIL
7th- Building Self-Confidence (10am-11:30am)
8th- Mission 101: A Faith that Does Justice (12pm-1:30pm)
21st- Interpersonal Communication (10am-11:30am)
28th- Communication Values (2pm-3:30pm)

MAY
5th- Improving Your Listening Skills (10am-11:30am)
12th- Creating Your Personal Brand (2pm-3:30pm)
19th- Developing a Learning Mindset (10am-11:30am)
26th- Starting a Memorable Conversation (2pm-3:30pm)

JUNE
2nd- Well-Being in the Workplace (10am-11:30am)
9th- Mindful Stress Management (2pm-3:30pm)
16th- 10 Mistakes Leaders Should Avoid (10am-11:30am)
23rd- Influencing Others (2pm-3:30pm)
25th- Mission 101: Informed, Formed, Transformed (12pm-1:30pm)

To Register:
Click Here!

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Location:
HR Training Room
UH1900