



**Loyola  
Marymount  
University**

# Learning & Development Summer 2022 Workshops

## JUNE

6.9	Mindful Stress Management	2pm-3:30pm
6.16	10 Mistakes Leaders Should Avoid	10am-11:30am
6.23	Influencing Others	2pm-3:30pm
6.24	Mission 101: Informed, Formed, Transformed	12pm-1:30pm

## JULY

7.5	Creating Personal Connections	10am-11:30am
7.7	Confidence Building Strategies for Work and Life	2pm-3:30pm
7.12	Creating Great First Impressions	2pm-3:30pm
7.14	Critical Thinking for More Effective Communication	10am-11:30am
7.19	Decision Making in High Stress Situations	10am-11:30am
7.21	How to Slow Down and Be More Productive	2pm-3:30pm
7.26	Improving the Value of Your Time	2pm-3:30pm
7.28	Building a Trustworthy Reputation	10am-11:30am

## AUGUST

8.2	How to Motivate Yourself to Do What's Most Important	10am-11:30am
8.4	Harnessing Change to Unleash Your Potential	2pm-3:30pm
8.9	The Secrets to Success at Work	10am-11:30am
8.11	Develop Interpersonal Skills for Inclusive Workplaces	10am-11:30am
8.16	Habits to Win Every Day	2pm-3:30pm

**HYBRID - VIA ZOOM OR UH1900  
LOCATION TO BE ANNOUNCED ON CALENDAR INVITE**

**TO REGISTER: MY LMU - WORKDAY - LEARNING APPLICATION**

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