

# THE MIND GYM

*the official newsletter of Continuous Improvement & Training*

## Attention FSU Employees

*Do you know about the badging and certificate programs available to you?*

Expand your skills and knowledge with a training series! Whether you're looking to enhance your professional development, stay updated on the latest industry trends, or sharpen specific job-related skills, we've got you covered.

**Badging is a digital way to share your achievements.**

- Gain new skills and knowledge to excel in your role.
- Stay competitive in your field with up-to-date training.
- Enhance your career prospects and professional growth opportunities.

### **Badge/Certificate Series Topics**

- Academic Advising 101
- All Things Data
- Campus Connect Expert
- Customer Service
- eSPEAR
- Financial Basics
- Financial Administrator
- Global Partners
- HR Department Representative
- Leaders in Training
- Student Coaching Skills



To learn more about the training requirements for individual badges and certificate series, visit the Continuous Improvement & Training's [Digital Credentials](#) website.

# Recommended Course: LinkedIn Learning



## Creating Empathy at Work

When you seek to understand another person's perspective, you are practicing empathy. When empathetic communication is encouraged at work, individuals feel more comfortable speaking openly, they feel like they matter, and they feel safe. That's why empathy at work is crucial to company-wide success. In this LinkedIn Learning course, communication expert Sharon Steed shares specific strategies to help improve your approach to difficult conversations. Get ready to learn how to converse empathetically to improve your one-on-one conversations and team interactions.

### How do I access LinkedIn Learning?

LinkedIn Learning is available to FSU employees and students for free! Access online training videos on various software, design, and professional development topics.

- Go to [its.fsu.edu/LinkedInLearning](https://its.fsu.edu/LinkedInLearning)
- Sign in with your FSUID and password

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## Organizational Development Training



### **Burnout: Coping with Stress**

April 11 | 9:00-10:30 | [Register for PDBOCS](#)

Burnout feels like a buzzword, but it's a very real experience that can leave one feeling a lot of physical and emotional discomfort. Come learn about what burnout is, how it manifests, and what can be done about it.



### **Stressed Out**

April 17 | 9:00-10:30 | [Register for PDSO01](#)

Are you feeling "stressed out"? We all deal with stressors in our lives, but too much stress can be very detrimental to our overall health—mentally, emotionally, and physically. Join us to learn some helpful ways to effectively manage your stress and improve your overall well-being!



### **EAP for Supervisors**

April 30 | 9:00-10:00 | [Register for LSEAP1](#)

In this training class, supervisors will learn how to recognize early signs of trouble in an employee's performance, have constructive interviews with troubled employees, and work on performance issues while encouraging them to get help with personal problems.

More training opportunities can be found at [hr.fsu.edu/train](https://hr.fsu.edu/train).

Questions? Contact [training@fsu.edu](mailto:training@fsu.edu) or (850) 644-8724.