

# Colby Talent Development presents

## Employee Development August 2022

### PROFESSIONAL DEVELOPMENT

#### Blended Course (In-person workshop)

##### **Using Emotional Intelligence at Work**

Wednesday, 8/10/22: 9 a.m. – 10:30 a.m.

Audience: Open to all employees (staff and faculty)

Emotional Intelligence (EI) is the ability to recognize the meanings of emotion and their relationship to our interactions, as well as the ability to reason and problem-solve on the basis of them. EI decides HOW you interact with people in your life through things like intuition, empathy, stress management, resilience, and integrity, which has a significant impact on your success at work. Presented by Melissa Breger (Human Resources), learn about EI and how it can foster a more productive professional and personal life, including how emotions (both your own and others) impact communication and can affect outcomes. Discover your EI strengths and areas for development and explore ways to diffuse and navigate emotionally charged situations using a few case studies. Food and refreshments will be provided. [Click here to enroll.](#)

### PROFESSIONAL DEVELOPMENT

#### Blended Course (Virtual workshop)

##### **Maximize Your Brain for Focus and Creativity**

Tuesday, 8/16/22: 9 a.m. – noon

Audience: Open to all employees (staff and faculty)

Higher education has experienced unprecedented changes as a result of the pandemic. Faculty, administrators, and staff have had to unexpectedly pivot and develop creative ways to help students continue learning and their institutions functioning. The pandemic in addition to the uncertainty and volatility of our current world has forced us all to be more flexible and creative decision makers. Presented by Nancy Ansheles, M.Ed. and Princy Quadros Mennella, Ph.D., this virtual workshop will share neuroscience research about how the brain makes decisions and what happens in the brain when we focus or engage in creativity. Additionally, we'll share a few evidence-based strategies to enhance these features controlled by the brain so that when anything happens to disrupt higher education in the future, you'll be ready! [Click here to enroll.](#)

### OTHER TOPICS

#### Digital Courses and Lessons

Audience: Open to all employees (staff and faculty)

Access this August's featured courses (highlights) in Workday Learning by [clicking here.](#)



To view the full list of recommended courses, [click here.](#)



Videos and talks on various professional development topics.

- [Forbes: How To Find Inspiration When You Don't Feel Like Doing Anything | Leadership Lessons](#)
- [99U: Christoph Niemann: How to Overcome the 3 Fears Every Creative Faces](#)
- [Forbes: Julie Sweet's Leadership Motto](#)

**CONNECT with colleagues | BUILD your knowledge and skills | GROW together**  
For questions or assistance, please contact Melissa Breger (melissa.breger@colby.edu, 207-859-5509)

