



Learning & Development Catalog

Fresh ideas and actionable strategies for flourishing at work

90-minute sessions delivered via Zoom for groups of 15 to 100

General public groups: \$300/session
UMD faculty and staff groups: \$250/session
UMD student groups: \$200/session

Email cloc@umd.edu to get started.

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ABC's of Resilience

Explore and practice specific tools for calming your brain and dealing more effectively with stressful and unpredictable situations.

Bring Your Whole Self to Work

Learn why a more integrated you is a more productive you and practice tactics for putting the pieces together.

Building a Culture of Generosity in Your Organization

Explore the concept of “givers” and “takers” and the effect these behavior patterns can have on teams. Learn how to create a giving culture among your staff.

Can I Give You Some Feedback?

Discover strategies to provide honest, effective guidance.

Exposing our Blinders: The Role of Unconscious Bias at Work

We are all influenced by nonconscious drivers, or biases, that impact how we see the world. Learn about these blind spots, the impact they have, and how to begin building awareness.

From Problem to Possibility: Leading from the Positive Edge

Get farther faster by focusing on what's right rather than what's wrong. Learn strategies for enhancing the positive in your work environment.

I'm Here for You: Making High Quality Connections at Work

Quality interactions between coworkers are a cornerstone of a thriving workplace. Discover the essential components of these connections, what makes them so powerful, and how to create space for more of them.

Managing Change in the Workplace

The only constant in life is change. Learn about common reactions and emotions that accompany change and how to successfully navigate them.

Managing Unsolvable Problems: Polarities at Work

Do you often face a tug-of-war between two seemingly opposite values? Learn how to name and navigate the ups and downs of common workplace polarities.

Meeting Your Goals: Strategies for Following Through

Do you often set goals, but are unable to follow through? Explore the most effective processes for meeting your goals, and learn scientifically proven tools for staying on track.

Navigating Relationships: What's Your Brain Got to Do with It?

Explore how the instinctive tendencies of your brain affect your work and life. Learn strategies to harness its power to promote better communication, understanding, problem solving, and empathy.

Not Another Recognition Banquet: Praise and Recognition for the Everyday User

Learn why giving praise and recognition is so important, and how to do it effectively.

The Science of Motivation

Explore what motivates people, and put what we know into practice.

Work Together Better: The Role of Psychological Safety

Learn about creating an organizational culture where knowledge and innovation flourish because people feel safe to contribute their ideas.