



April is National Workplace Conflict Awareness Month. UAB HR Learning & Development (L&D) will guide you through a brief look at healthy conflict in our workspaces. That is right; conflict is normal and, in most instances, healthy for all parties.

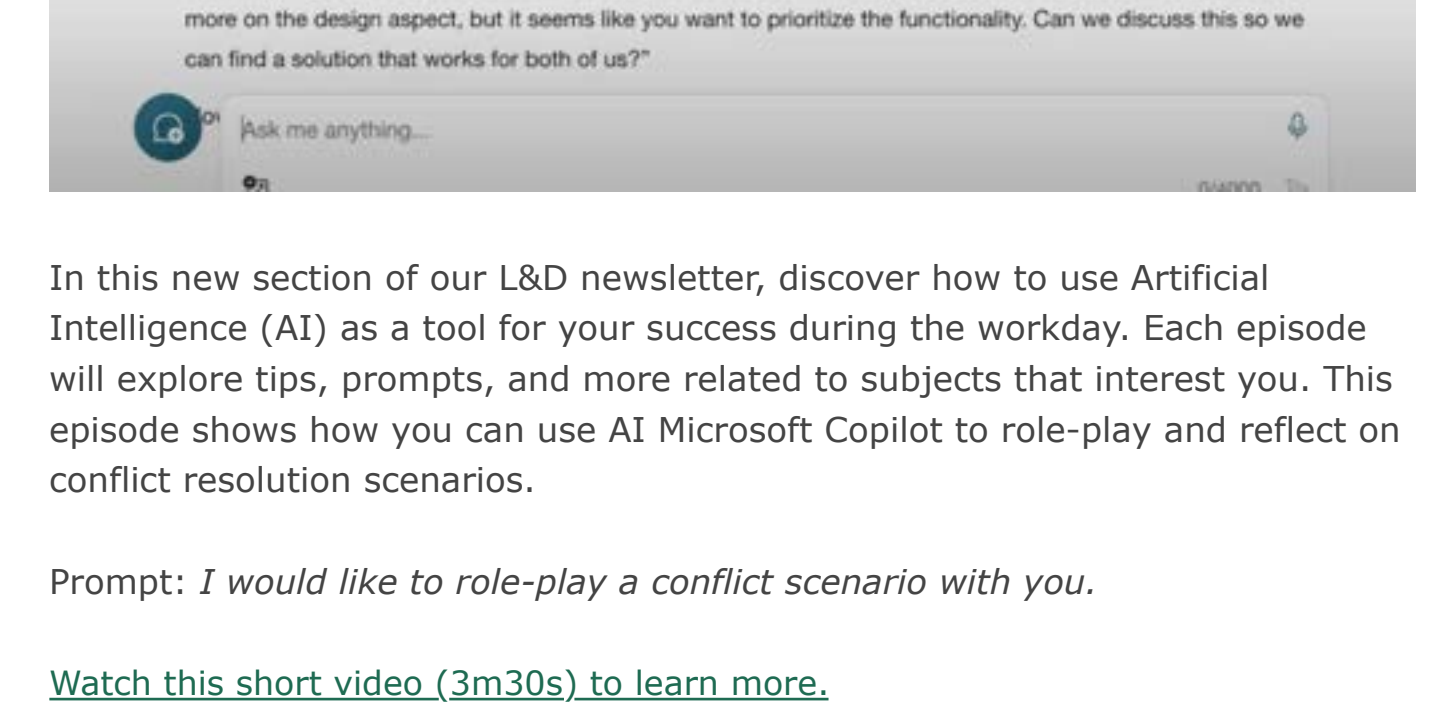
We will share a few facts and resources to help you navigate these instances and make them work.

To channel productive conflict effectively, consider the following strategies:

- **Stay solution-focused:** Aim to find common ground.
- **Listen and allow everyone to express themselves:** Encourage participation from all team members.
- **Control emotions and behavior:** Keep discussions respectful and focused.
- **Be aware of and respect differences:** Embrace diverse perspectives.

Remember, conflict doesn't have to be negative; when managed well, it can lead to positive outcomes and growth.

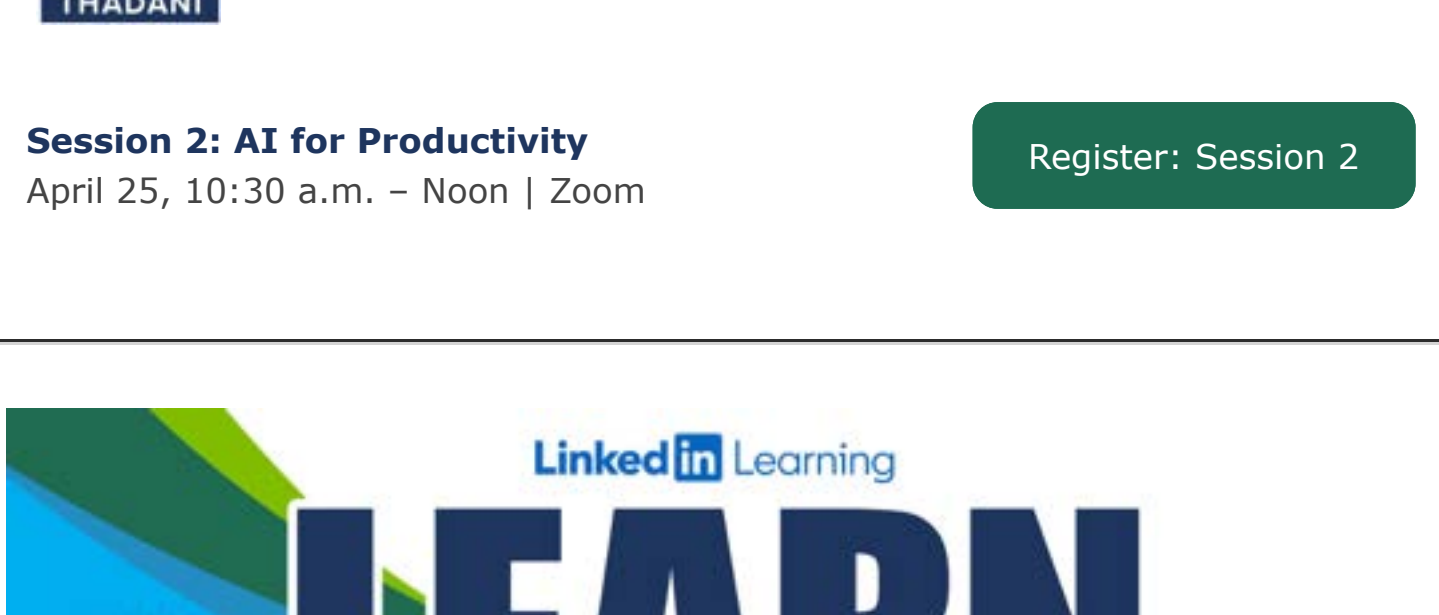
Check the [LearnDev Calendar](#) for quarterly offerings such as *Making Recognition a Routine*, *Understanding Your True Colors*, and *DISC-Understanding Your Behavioral Style*. Be on the lookout for new programming set to launch this year!



In this new section of our L&D newsletter, discover how to use Artificial Intelligence (AI) as a tool for your success during the workday. Each episode will explore tips, prompts, and more related to subjects that interest you. This episode shows how you can use AI Microsoft Copilot to role-play and reflect on conflict resolution scenarios.

Prompt: *I would like to role-play a conflict scenario with you.*

[Watch this short video \(3m30s\) to learn more.](#)

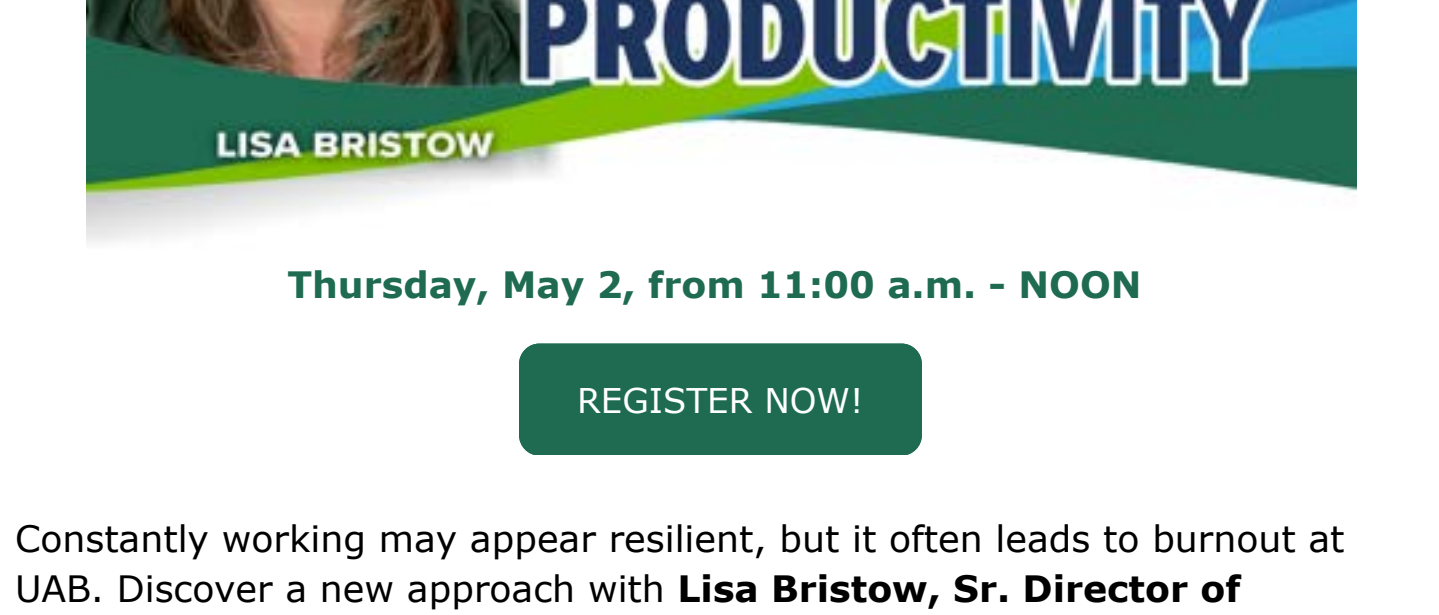


**Session 2: AI for Productivity**  
April 25, 10:30 a.m. – Noon | Zoom

[Register: Session 2](#)



Experience an enhanced Learn To Win challenge, offering seamless access to the comprehensive video-based learning path with just one click. Dive into the *Learn to Win: Power Skills for Today and Tomorrow* challenge and embark on your learning journey. **Complete the challenge by May 31st**, to seize your chance to win an exciting grand prize. Start learning today and empower yourself for the future!

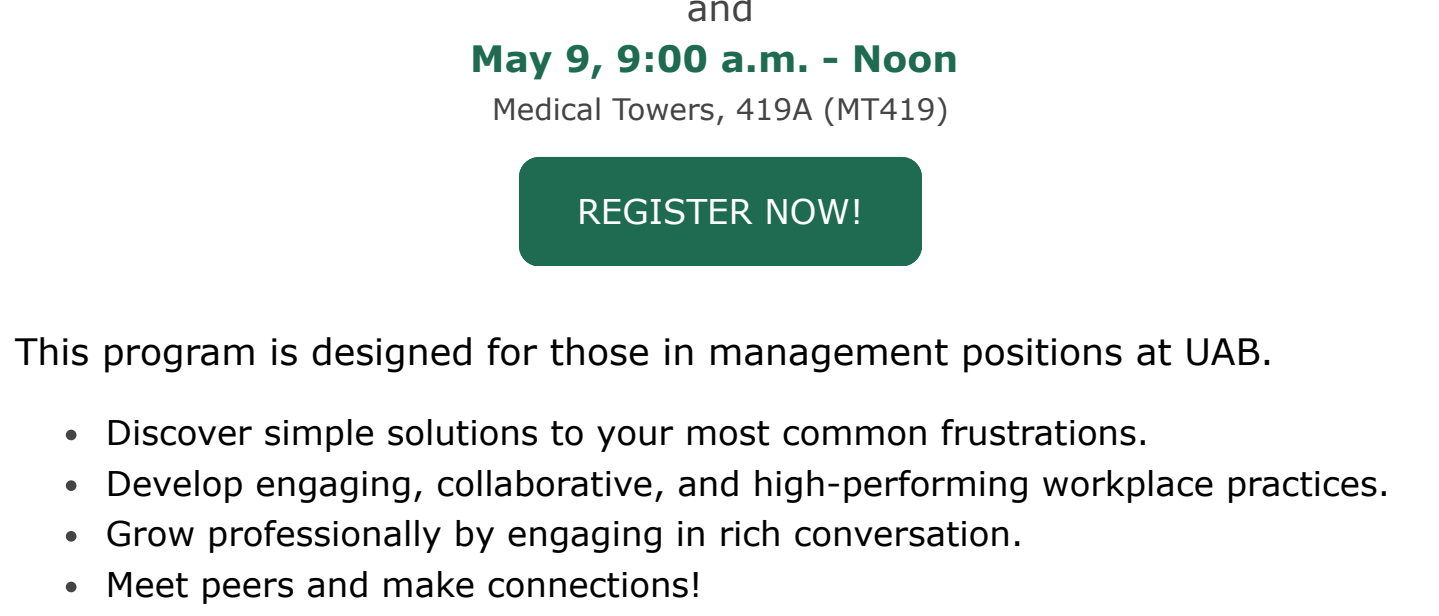


**Thursday, May 2, from 11:00 a.m. - NOON**

[REGISTER NOW!](#)

Constantly working may appear resilient, but it often leads to burnout at UAB. Discover a new approach with **Lisa Bristow, Sr. Director of Development at UAB Advancement**. She'll equip you with skills that reshape your relationship with time, boosting productivity for you and your team.

[Block your calendar for every Learning from Leaders session by registering for the 2024 series!](#)



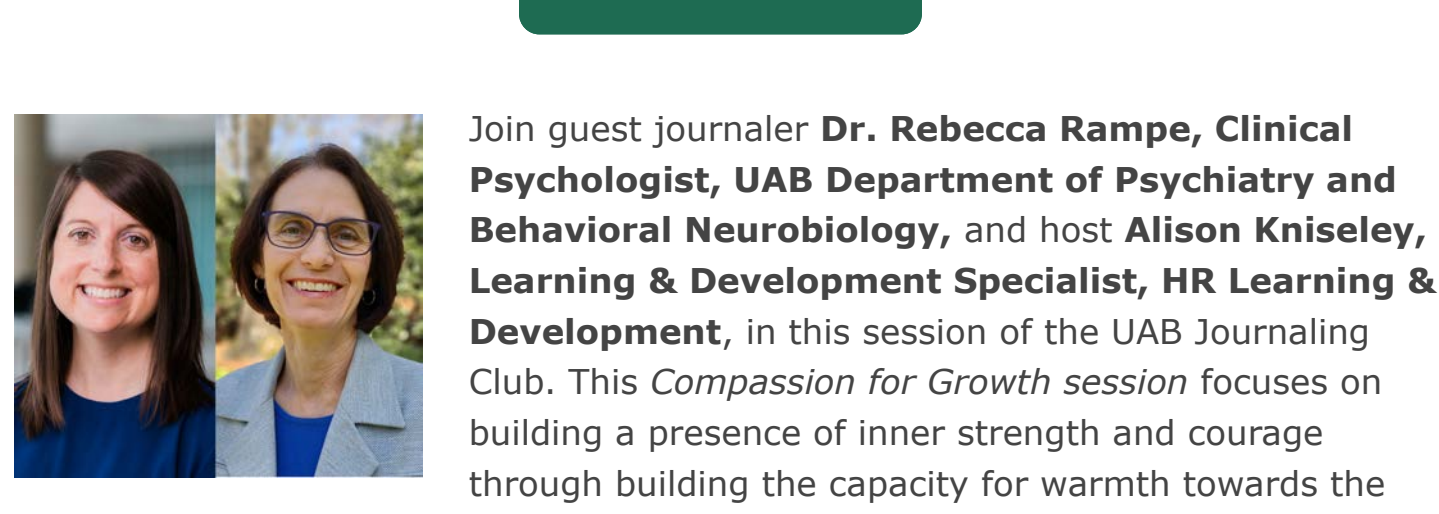
**This is a two-day session that will be taking place:**  
**May 8, 1 - 3:30 p.m.**  
and  
**May 9, 9:00 a.m. - Noon**  
Medical Towers, 419A (MT419)

[REGISTER NOW!](#)

This program is designed for those in management positions at UAB.

- Discover simple solutions to your most common frustrations.
- Develop engaging, collaborative, and high-performing workplace practices.
- Grow professionally by engaging in rich conversation.
- Meet peers and make connections!

[Register today!](#)

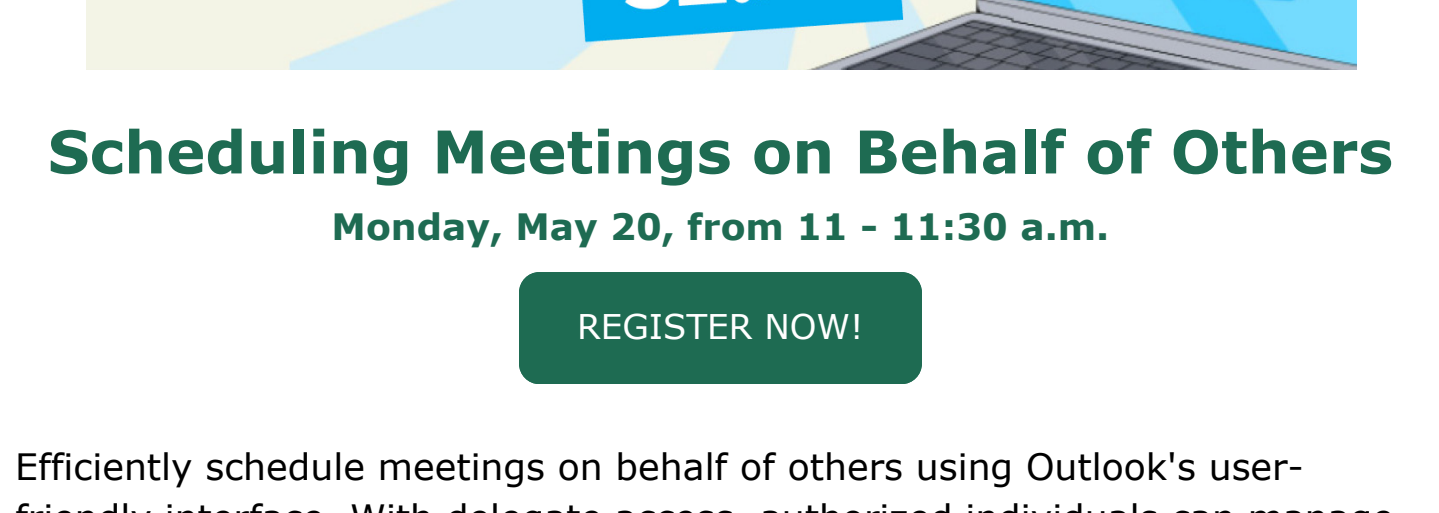


**Thursday, May 16, from 11 a.m. - Noon** | Zoom

[REGISTER NOW!](#)

Join guest journalist **Dr. Rebecca Rampe, Clinical Psychologist, UAB Department of Psychiatry and Behavioral Neurobiology**, and host **Alison Kniseley, Learning & Development Specialist, HR Learning & Development**, in this session of the UAB Journaling Club. This *Compassion for Growth* session focuses on building a presence of inner strength and courage through building the capacity for warmth towards the self and others. Prompts will encourage self-soothing and understanding of the role of compassion in working with our nervous systems.

*Dr. Rampe, a clinical psychologist at UAB, founded the Developmental Trauma and Traumatic Grief Clinic, offering compassion-focused therapy. She's a phase II trainer for the Neurosequential Model of Therapeutics, certified in Compassionate Bereavement Care, and piloting the Mindfulness, Meaning, and Self-Compassion Esketamine-Assisted Psychotherapy Clinic.*

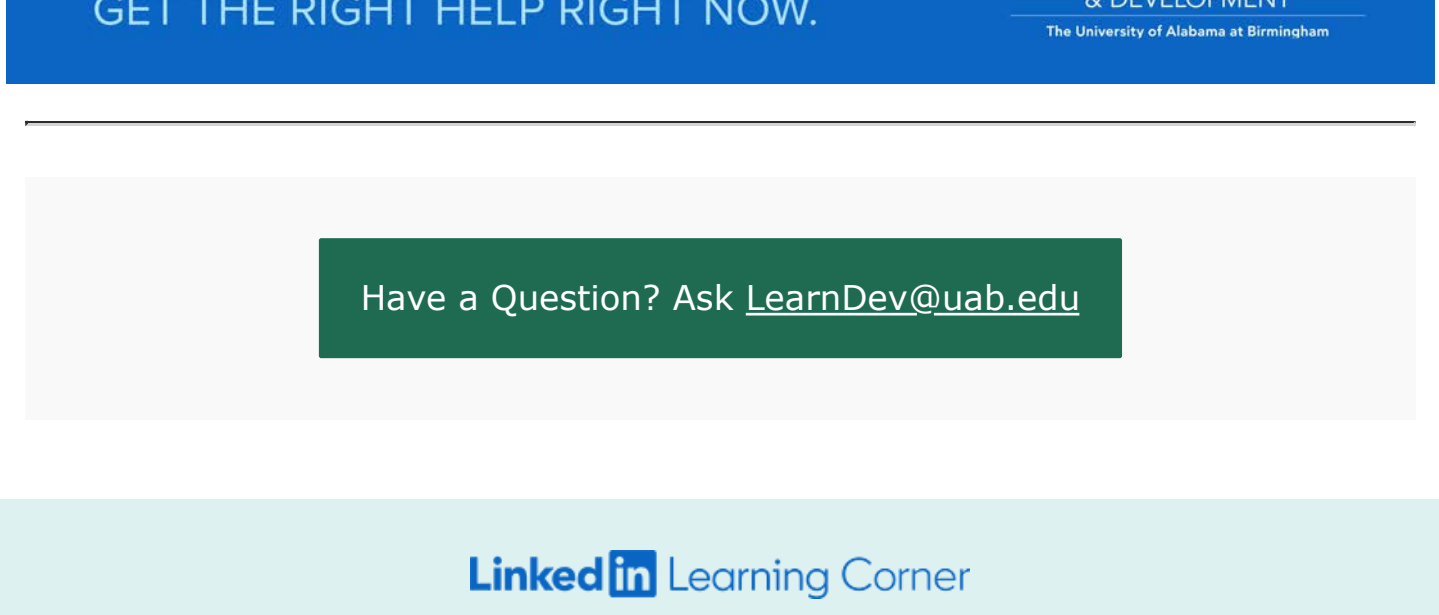


**Scheduling Meetings on Behalf of Others**  
**Monday, May 20, from 11 - 11:30 a.m.**

[REGISTER NOW!](#)

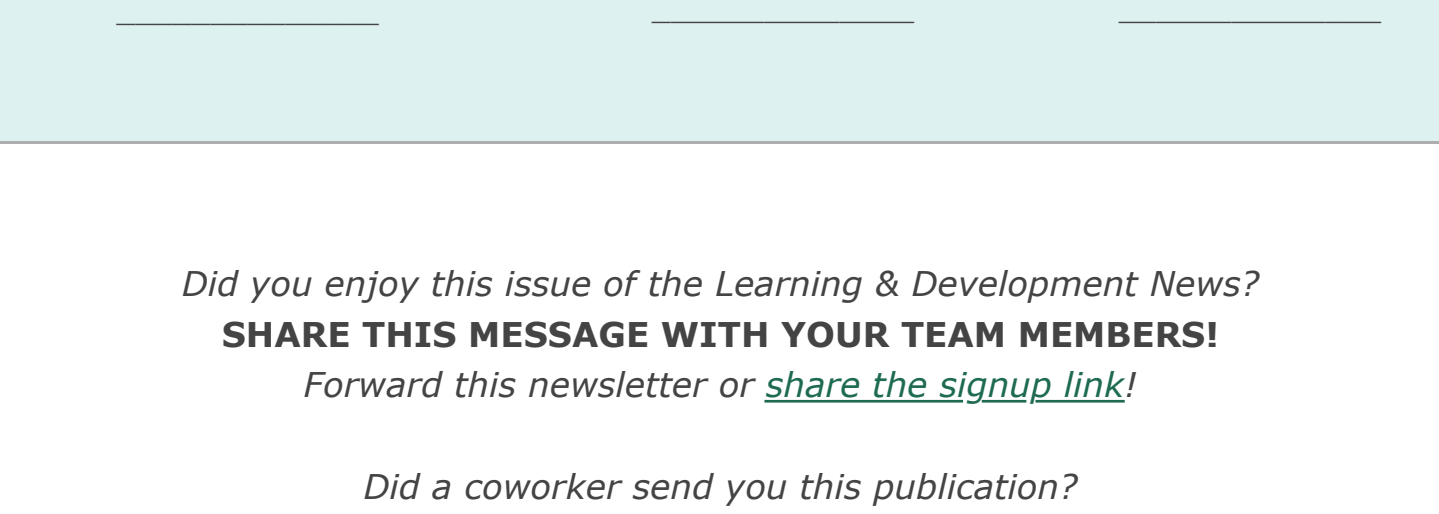
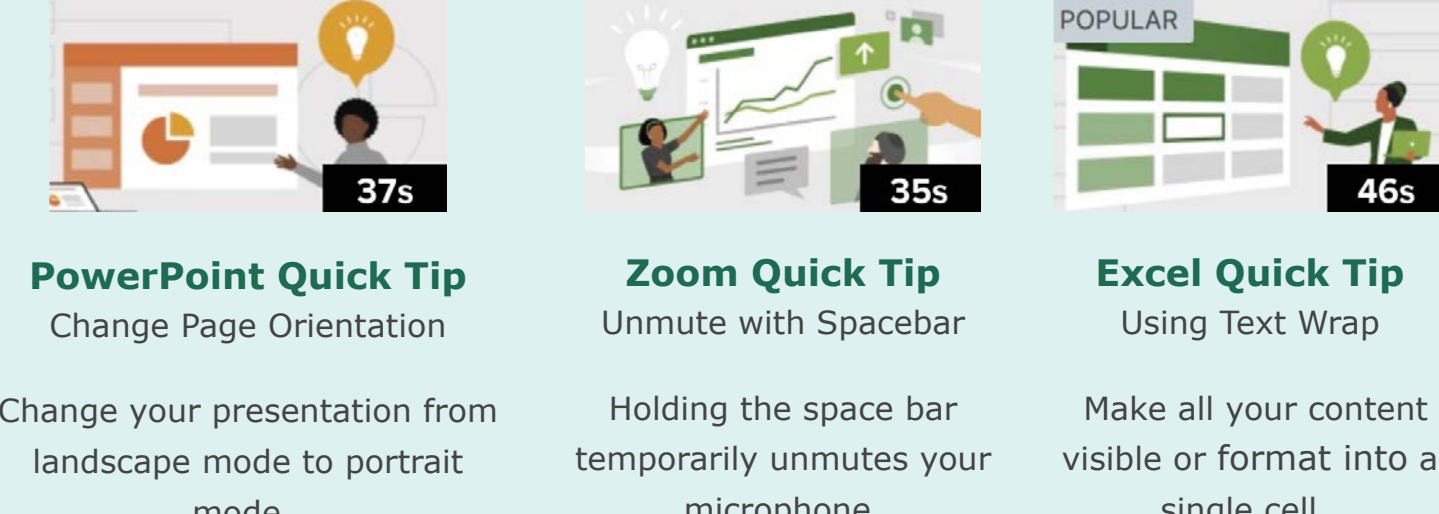
Efficiently schedule meetings on behalf of others using Outlook's user-friendly interface. With delegate access, authorized individuals can manage someone else's calendar, set up appointments, and coordinate meetings seamlessly. This capability can be a great help to anyone who manages another's calendar. [Register today for this popular program.](#)

[Block your calendar for every Improving Your "Outlook" session by registering for the 2024 series!](#)



Access LinkedIn Learning to quickly find up-to-date short, video-based answers without stumbling through browser searches.

[Have a Question? Ask \[LearnDev@uab.edu\]\(mailto:LearnDev@uab.edu\)](#)



**PowerPoint Quick Tip** 37s  
Change Page Orientation

**Zoom Quick Tip** 35s  
Unmute with Spacebar

**Excel Quick Tip** 46s  
Using Text Wrap

Change your presentation from landscape mode to portrait mode.

Holding the space bar temporarily unmutes your microphone.

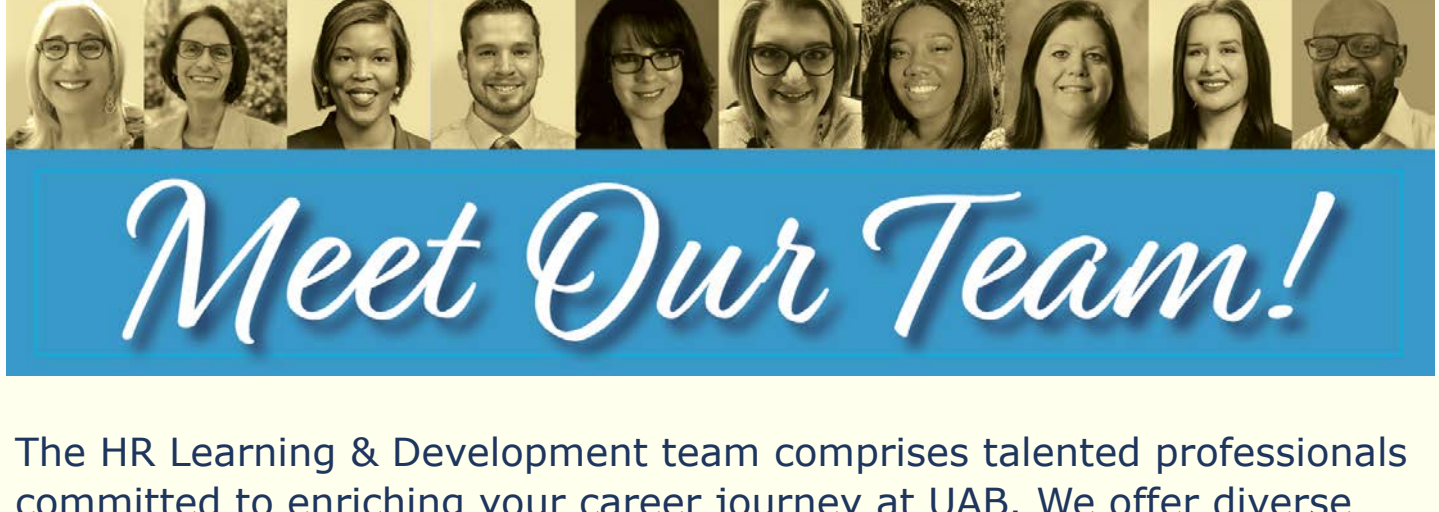
Make all your content visible or format into a single cell.

*Did you enjoy this issue of the Learning & Development News?*

**SHARE THIS MESSAGE WITH YOUR TEAM MEMBERS!**  
*Forward this newsletter or [share the signup link!](#)*

*Did a coworker send you this publication?*

**Click [HERE](#) to receive this publication directly to your inbox.**



**Exploring LinkedIn Learning: Career Goals**  
**Monday, May 6**  
11 to 11:30 a.m. | Zoom

[REGISTER](#)

**Making Feedback Work for You**  
**Tuesday, May 14**  
2 to 3:30 p.m. | Zoom

[REGISTER](#)

**DISC - Understanding Your Behavioral Style**  
**Wednesday, May 15**  
1 to 3:30 p.m. | MT, 419A

[REGISTER](#)

**Optimizing Performance: The Check-In Strategy**  
**Thursday, May 16**  
8:30 to 10:00 a.m. | Zoom

[REGISTER](#)

**Making Recognition a Routine**  
**Wednesday, May 29**  
9 to 11 a.m. | MT, 419A

[REGISTER](#)

**Continue to Check Our LearnDev Calendar Throughout the Month for New Programs!**



The HR Learning & Development team comprises talented professionals committed to enriching your career journey at UAB. We offer diverse expertise tailored to support your self-discovery and skill refinement. We aim to provide relevant learning opportunities as stepping stones toward your success.

**Meet Alison Kniseley**

Alison is an L&D Specialist. She has over 20 years of experience working with and training staff and supporting core programs. "I think some of the greatest learning happens when people from all roles connect and share their knowledge, experiences, and perspectives," said Alison. In fact, Alison says her favorite part of her job is when learners discover that pivotal takeaway. "I love it when participants have that "aha" moment; it clicks, and they walk away with information to help them do their jobs better."

Say hello to [Alison Kniseley](#). [FULL BIO](#)

