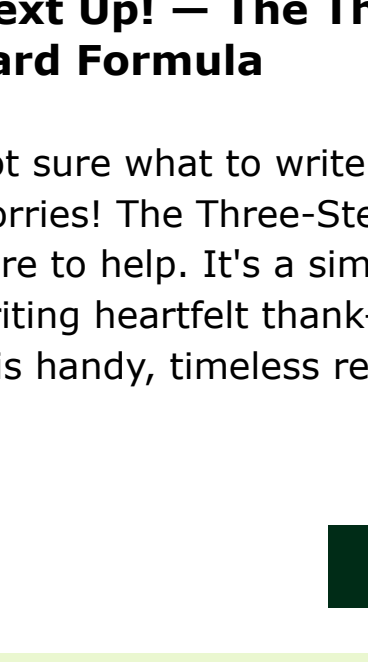


LEARNING & DEVELOPMENT NEWS

UAB The University of Alabama at Birmingham
Learning & Development

H A P P Y Employee Appreciation DAY!

HR Learning & Development (L&D) appreciates you and your investment in developing your talents and skills. UAB thrives because of its people; everyone performs at their best when they feel seen, heard, and understood. With National Employee Appreciation Day (March 7) coming up, let's all take a moment to appreciate our colleagues. Even a simple smile or small gesture can make a big difference. Looking for more ways to show appreciation? We've got plenty of ideas for you!



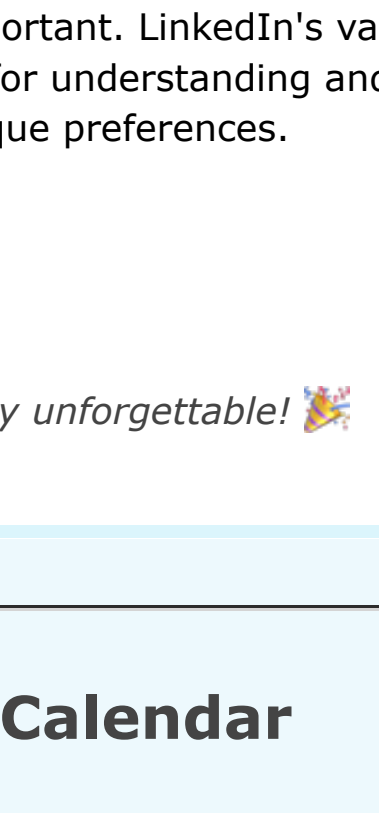
First Up! — 50 Ways to Nurture a Culture of Appreciation at Work

When people feel valued, they show up, share ideas, collaborate with others, and strive to do their best work. Check out these 50 awesome ways to show appreciation and watch your workplace transform!

50 Ways to Nurture a Culture of Appreciation

Next Up! — The Three-Step Thank You Card Formula

Not sure what to write on a thank you card? No worries! The Three-Step Thank You Card Formula is here to help. It's a simple formula that makes writing heartfelt thank-you notes a breeze. Keep this handy, timeless resource close by!



Three-Step Thank You Card Formula

Always On! — LinkedIn's Value-Driven Video: How to Build a Culture of Appreciation as a Manager



Knowing and remembering how your team members like to be appreciated is important. LinkedIn's value-driven video is a great tool for understanding and celebrating your team's unique preferences.

Access LinkedIn Learning

Let's make this National Employee Appreciation Day unforgettable! 🎉

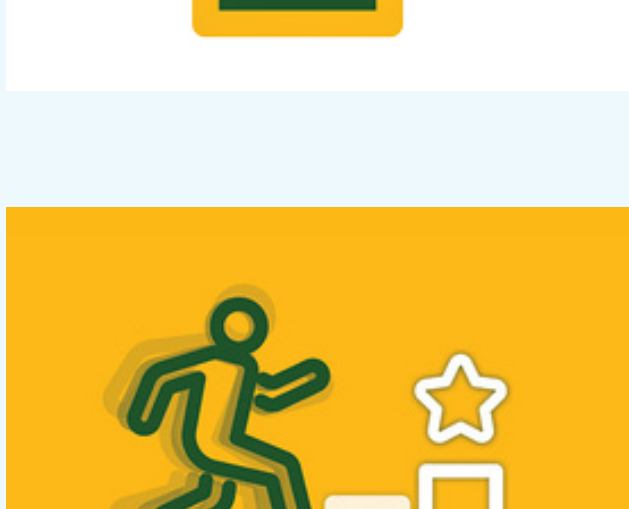
March LearnDev Program Calendar



Learning from Leaders: Dr. Christopher Shook

Thu., Mar. 6 | 11 a.m. to 12 p.m. | ZOOM

Join **Dr. Chris Shook, Dean Fargo Endowed Chair in Business Administration and Professor of Management, Information Systems and Quantitative Methods**, as he explores the role of strategy in thriving during change. Learn how a clear vision, mission, and the 5 Ps of strategy can guide you through turbulent times. Gain practical advice on positioning yourself within an organization and using strategic frameworks to navigate future challenges.



Excel Pivot Tables

Mon., Mar. 10 | 11 to 11:45 a.m. | ZOOM

In this session, we will explore creating a Pivot Table. Discover how this feature will allow you to summarize, organize, and analyze your data. The pivot table is customizable, allowing fields to be filtered, sorted, and calculated.



AMP: Engage to Excel

Tue., Mar. 11 | 1 to 2:30 p.m. | ZOOM

This session equips team members to foster a culture of collaboration and accountability, leverage virtual tools to strengthen communication and connection, recognize and address disengagement early, and create an environment where every team member feels valued and motivated to excel.



Managing Time, Not Energy

Wed., Mar. 12 | 11 to 11:45 a.m. | ZOOM

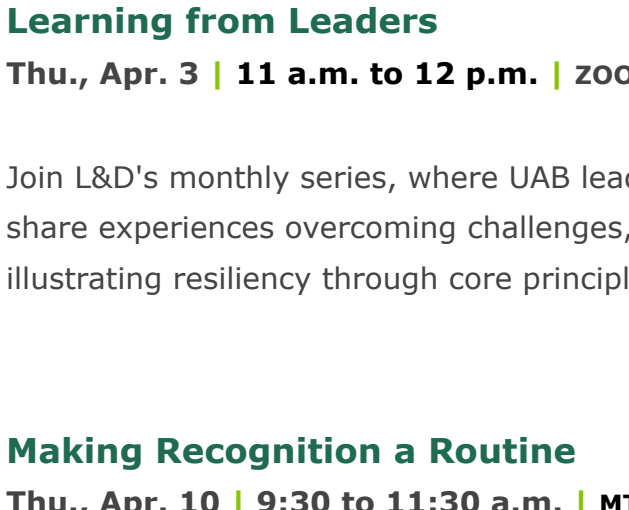
Discover how to enhance your productivity by leveraging motivation techniques and effectively managing your energy. This workshop will provide practical strategies to help you accomplish more in less time, ensuring you stay focused and energized throughout your day.



Emotional Intelligence

Wed., Mar. 12 | 1:30 to 3:30 p.m. | MT-419A

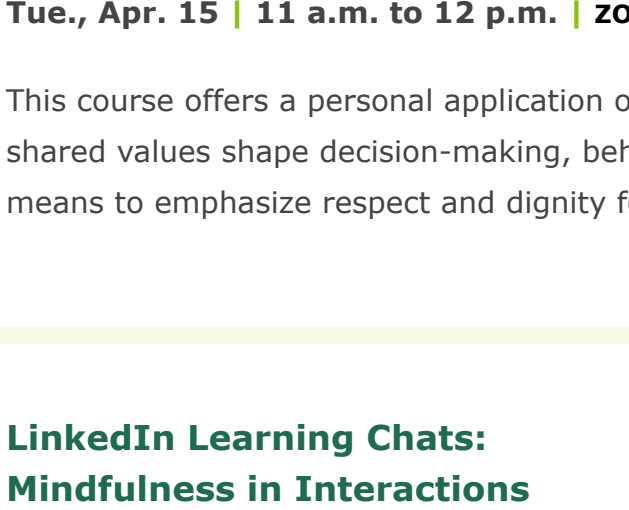
Emotions play a role in how we interact with others in the workplace. Do you easily recognize your own emotions as well as others? Come and learn how to reframe your emotions and adapt to the situations you encounter. You can improve your emotional intelligence.



Shifting to Leader Ready

Wed., Mar. 19 | 9:30 to 11:30 a.m. | MT-419A

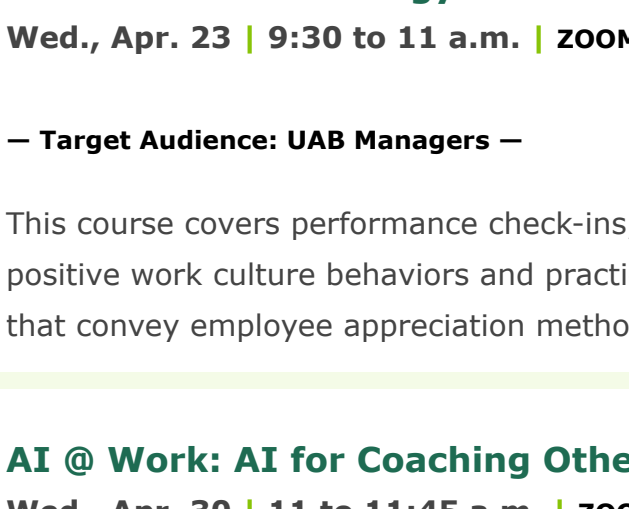
This program is intended for those new to management at UAB, recently promoted to a people-leader position, or those identified as having high potential for future people-leader roles. Participants will learn how to make the shift from individual contributors to leaders of people.



Multigenerational Workforce

Thu., Mar. 20 | 9 to 11:30 a.m. | MT-419A

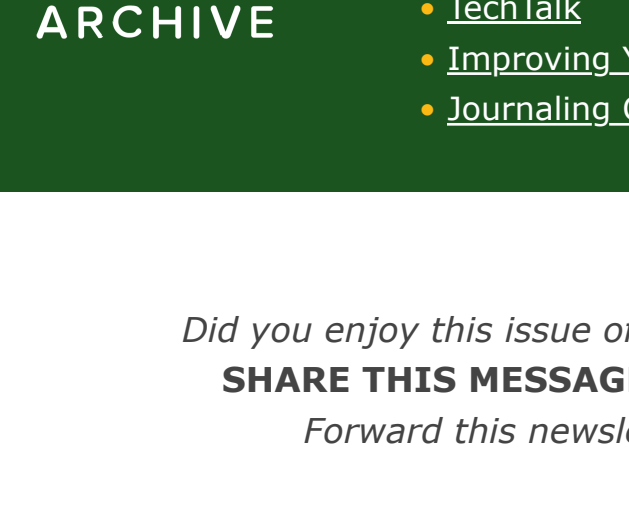
Participants will leave equipped with practical strategies for maximizing the collective potential of a multigenerational team, enhancing team cohesion, and promoting a workplace culture that values the contributions of individuals across all age groups.



Understanding and Addressing Conflict

Mon., Mar., 24 | 8:45 a.m. to 3 p.m. | MT-419A

This 1-day session (*formerly known as LEADING the Way in Conflict Resolution*) will provide you with effective strategies for understanding and addressing team conflicts. Lunch will be provided. Please email learndev@uab.edu if you have any dietary restrictions.



John Huffstutler and Jereme Logan

Tue., Mar., 25 | 11 a.m. to 12 p.m. | ZOOM

This course offers a personal application of UAB values, helping participants understand how shared values shape decision-making, behavior, and relationships. Through self-reflection, interactive discussions, and practical exercises, participants will identify and learn how to align their professional lives for greater fulfillment and effectiveness.



StrengthsFinder

Tue., Mar., 25 | 1 to 3 p.m. | MT-419A

An introduction to understanding how you are naturally wired and further leveraging your talents to aid your professional performance or career development.

Copilot for Outlining Presentations

Wed., Mar. 26 | 11 to 11:45 a.m. | ZOOM

In this episode, we will discover how you can use Microsoft Copilot for drafting a presentation. Preparing a lecture? Telling others about your department's services? Join **Dr. Amy Chatham (Executive Director - Center for Teaching & Learning)** and **Jerad Watson (Manager at L&D)** as they demo the tool and discuss how to utilize it in everyday work.

April LearnDev Program Calendar

Learning from Leaders

Thu., Apr. 3 | 11 a.m. to 12 p.m. | ZOOM

Join L&D's monthly series, where UAB leaders share experiences overcoming challenges, illustrating resiliency through core principles.

Making Recognition a Routine

Thu., Apr. 10 | 9:30 to 11:30 a.m. | MT-419A

Foster excellence by recognizing efforts. Learn how simple approaches to praise and recognition bring value well beyond a happy workforce.

Exceptional Service Experience

Tue., Apr. 8 | 9 to 11 a.m. | ZOOM

Discover the hallmarks of exceptional service and practical communication models to empower your interactions from straightforward to challenging.

TechTalk: Teams, Chats & Calls

Mon., Apr. 14 | 11 to 11:45 a.m. | ZOOM

Microsoft Teams enhances communication and teamwork with its chat and call features. This session will cover adding participants to calls, sharing content, and labeling chats to improve team communication.

UAB Shared Values: Respect All—Dina Jones and Holly Holliday-Jones

Tue., Apr. 15 | 11 a.m. to 12 p.m. | ZOOM

This course offers a personal application of UAB values, helping participants understand how shared values shape decision-making, behavior, and relationships. Join us as we explore what it means to emphasize respect and dignity for all.

LinkedIn Learning Chats: Mindfulness in Interactions

Thu., April 17 | 11 to 11:45 a.m. | ZOOM

What is mindful communication? Join us to watch a brief video on the three core concepts of mindful communication. We'll then have a group discussion to explore these concepts and share tips to help you become a better communicator.

Understanding Your True Colors

Tue., Apr. 22 | 1:30 to 3:30 p.m. | MT-419A

True Colors is an assessment that uses color as a metaphor to describe behavior patterns. Are you Blue? Perhaps you are Orange? Find out and participate in engaging discussions that drive healthier interactions.

Your Check-In Strategy

Wed., Apr. 23 | 9:30 to 11 a.m. | ZOOM

— Target Audience: UAB Managers —

This course covers performance check-ins, positive work culture behaviors and practices that convey employee appreciation methods.

Emotional Intelligence

Wed., Apr. 30 | 9 to 10:30 a.m. | ZOOM

Learn to build better relationships by reframing emotions and adapting to situations. With our guidance, you can improve your emotional intelligence.

AI @ Work: AI for Coaching Others

Wed., Apr. 30 | 11 to 11:45 a.m. | ZOOM

Explore using Copilot and LinkedIn Learning AI to coach others with **Tammy White (Organizational Development Specialist at L&D)** and **Jerad Watson (Manager at L&D)** as they demonstrate features and discuss practical tips.



ARCHIVE

MISSED A SESSION?

See on-demand content from previously recorded programs. Click the links below to access the L&D Digital Recording Archives.

- [AI Essentials](#)
- [TechTalk](#)
- [Improving Your "Outlook"](#)
- [Journaling Club](#)
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