



Getting Started Watch List

[Shift Your Mindset to Build Resilience](#)

When encountering professional adversity, you can easily slip into “auto pilot” — behaving in ways that are comfortable but not necessarily constructive. Join us online and discover how to break those patterns of behavior and reset the way you respond to roadblocks. Our expert will introduce you to the 3-step ABC Model, which will invite you to reflect on how you can approach adversity more constructively.

[Understanding and Addressing Microaggressions](#)

To lead more inclusively, you need to start by developing a strong awareness of your own behavior. In the 3 short videos included in this lesson, you learn:

1. What are microaggressions?
2. Why do microaggressions happen?
3. How can we address microaggressions?

[Time Management: Focusing on Your Priorities and Purpose](#)

This video course is designed to help you take back control of your day-to-day schedule by empowering you to focus on the priorities that matter to you the most. Through a combination of self-reflection and skills-practice activities, you will transform the way you manage your time by learning how to:

- Identify and focus on your purpose and top priorities
- Define goals that drive you toward achieving your purpose without overwhelming you
- Create and manage a schedule that allows you to accomplish your most important work first
- Protect your schedule and stay accountable to your top priorities despite distractions

[Fail Fast and Fail Forward: How Agile Planning Can Move You Forward During Chaos](#)

Join us online and learn how to be more agile in your planning, so that you can “fail fast and fail forward.” This approach allows you to thrive during times of chaos because planning and execution are no longer separate actions you take - instead they become integrated, well-coordinated and responsive to each other. In this webcast, you will learn and practice a four-step “wayfinding” process that will help you approach your projects and initiatives in an agile way, allowing you to make mistakes, because you’ll be able to pivot and recover quickly.



[Managing Up: Using Common Goals to Align Mission, Vision, Values, and Priorities](#)

"Managing up" is about aligning priorities to better serve your institution and students. By focusing on common goals, you can be an invaluable resource to your supervisor managing a full plate, helping them to understand a more complete perspective, and use your strengths to complement theirs. This webcast will give attendees strategies to find common goals with their supervisors and to use those intersections to move ideas forward that are mutually beneficial to you, your supervisor, and your institution.

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