

Next week, the Learning & Development team is hosting a variety of learning engagement opportunities.

Click on the links below to register:

Date and time	Workshop	Campus	Room	
October 22 10:30-11:30am	<b>O365 / One Drive **Drop In**</b>	North	L132	<a href="#">Information</a>
October 23 9am – 12pm	<b>Clifton Strengths (aka: Strengths Quest)</b>  The Gallup Organization has studied human behavior for more than 70 years with a goal to help organizations and individuals maximize their performance. This resulted in the design of an instrument and accompanying talent development program that is referred to as StrengthsQuest.	North	LRC 6104	<a href="#">Register</a>
October 23 1pm – 4pm	<b>Coaching for Performance (Target: Managers/People Leaders)</b>  This workshop is for people managers who want to learn how to empower their team members to reach their potential. During this workshop, you will learn key coaching skills and principles, have the opportunity to practice coaching within the session and receive feedback to help you keep building your skills. You'll walk out with a manager's coaching toolkit, including powerful questions to unlock insights and templates to lead certain types of conversations.	North	LRC 6104	<a href="#">Register</a>
October 23 9:30am – 11:30am	<b>Eating 9am – 5pm “Boosting Your Performance”</b>  Can food actually help you work better? You bet! In this interactive workshop recognized Registered Dietitian-Nutritionist Lucia Weiler will help you improve your nutrition know-how and provide top tips to improve your diet, boost your energy level and performance.	Lakeshore	L1017	<a href="#">Register</a>
October 23 9am – 4pm	<b>Excel Module 1</b>  Many users are 'self-taught'; the task gets completed, but takes time. This one-day workshop will give you amazing tips and tricks, which will make an enormous difference to your daily work in Excel.	North	L132	<a href="#">Register</a>
October 24 10:30am – 11:30am	<b>O365 / One Drive ** Drop In**</b>	North	L132	<a href="#">Information</a>

To view a complete listing of workshops for the Fall 2019 semester, visit the [Learning & Development](#) site.