<table>
<thead>
<tr>
<th>COURSE CATALOG</th>
<th>919 962 2550</th>
<th><a href="mailto:training_development@unc.edu">training_development@unc.edu</a></th>
<th>All classes are free and open to staff and faculty.</th>
<th>STAY CONNECTED</th>
<th></th>
</tr>
</thead>
</table>
| **Laughter, Humor, and Play to Reduce Stress and Solve Problems: Webinar | WL0037**  
Location: Online  
Date: Wednesday, May 1  
Time: 12:00-1:00 | **Planning for Parental Leave | WL2680**  
Location: 104 Airport Drive, 1501-A  
Date: Wednesday, May 8  
Time: 12:00-1:00 | **Introduction to Postdoc Human Resources | HR4300**  
Location: 104 Airport Drive, 1501-C  
Date: Wednesday, May 22  
Time: 1:30-3:30 | **New**  
| **Change Management | SM4301**  
Location: 104 Airport Drive, 1501-A  
Date: Wednesday, May 1  
Time: 8:30-12:30 | **Emotional Intelligence: Webinar | PD0021**  
Location: Online  
Date: Thursday, May 9  
Time: 1:00-2:00 | **Overcoming Your Distorted Negative Thinking | WL0039**  
Location: 104 Airport Drive, 1501-A  
Date: Wednesday, May 29  
Time: 12:00-1:00 | **New**  
| **Using Reason to Resolve Conflict: Webinar | PD0025**  
Location: Online  
Date: Tuesday, May 7  
Time: 11:00-12:00 | **SHRA Hiring: From Posting thru Probation | HR1600**  
Location: 104 Airport Drive, 1501-C  
Date: Thursday, May 9  
Time: 8:30-4:30 | **Lawlogix Electronic I-9 System | HR2000**  
Location: 104 Airport Drive, 1501-D  
Date: Thursday, May 30  
Time: 9:00-11:00 | **New**  
| **Preventing Unlawful Harassment in the Workplace | HR3900**  
Location: 104 Airport Drive, 1501-C  
Date: Tuesday, May 7  
Time: 10:00-12:00 | **Medicare Workshop | WL1150**  
Location: 104 Airport Drive, 1501-C  
Date: Tuesday, May 14  
Time: 12:00-1:00 | **Preventing Unlawful Harassment in the Workplace: Religion in the Workplace | HR4600**  
Location: 104 Airport Drive, 1501-A  
Date: Friday, May 31  
Time: 9:30-11:00 | **New**  
| **Balancing Work and Life | WL0031**  
Location: 104 Airport Drive, 1501-A  
Date: Wednesday, May 8  
Time: 2:00-3:00 | **Healthy Lifestyles: Changing the Way you Think about Diet and Exercise | WL0035**  
Location: 104 Airport Drive, 1501-A  
Date: Wednesday, May 15  
Time: 12:00-1:00 | **NEW**  
| **Stress Management | HR4700**  
Location: 104 Airport Drive, 1501-C  
Date: Wednesday, May 8  
Time: 8:30-11:00 | **Eating Healthy on a Budget | WL0034**  
Location: 104 Airport Drive, 1501-A  
Date: Wednesday, May 22  
Time: 12:00-1:00 | | **NEW**  

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