

MAY 2020

LEARNING OPPORTUNITIES

UNC ORGANIZATION
and PROFESSIONAL DEVELOPMENT

Initiating Difficult Conversations: WEBINAR | PD0019

Location: ONLINE
Date: Monday, May 5
Time: Noon-1 p.m.

Understanding Depression: WEBINAR | WL0050

Location: ONLINE
Date: Tuesday, May 6
Time: 3-4 p.m.

Working as a High Performing Team: WEBINAR | LD3100

Location: ONLINE
Date: Tuesday, May 6
Time: 8:30-11 a.m.

Discovering your Leadership and Team Player Styles: WEBINAR | LD3000

Location: ONLINE
Date: Monday, May 12
Time: 8:30-11:30 a.m.

Recycling Right @ UNC: WEBINAR | LD2700

Location: ONLINE
Date: Wednesday, May 13
Time: 8:30-11:30 p.m.

Overcoming your Distorted Negative Thinking: WEBINAR | WL0024

Location: ONLINE
Date: Wednesday, May 20
Time: 3-4 p.m.

How to Deal with a Difficult Person: WEBINAR | PD0029

Location: ONLINE
Date: Thursday, May 21
Time: Noon-1 p.m.

Lawlogix Electronic I-9 System Training: WEBINAR | HR2000

Location: ONLINE
Date: Tuesday, May 26
Time: 1-3 p.m.

PeopleAdmin: Permanent SHRA : WEBINAR | HR3103

Location: ONLINE
Date: Tuesday, May 26
Time: 12:30-4:30 p.m.

Laughter, Humor, and Play to Reduce Stress and Solve Problem: WEBINAR | WL0037

Location: ONLINE
Date: Wednesday, May 27
Time: Noon-1 p.m.

FEATURED COURSE FOR THE MONTH:

WL0037 | Laughter, Humor, and Play to Reduce Stress and Solve Problem: WEBINAR

Professional comedians shouldn't be the only people to use smiling, laughter, humor and play as part of their daily routine. These skills are valuable for everyone. A good smile has long been a key tool for anyone who needs to influence others. Laughter has shown to improve our pain tolerance. Humor and play can be the building blocks of problem-solving. Together they can improve our happiness and effectiveness.

*The future belongs to those
who believe in the beauty of
their dreams.*

Eleanor Roosevelt



REGISTER FOR COURSES

1. Visit: connectcarolina.unc.edu
2. Log in: Your Onyen + Password
3. Click: Self Service
4. Click: My Training
5. Click: Request Training Enrollment
6. Search: By Course Name
7. Click: "Search" button