



CENTER FOR **LEADERSHIP &  
ORGANIZATIONAL CHANGE**  
PARTNERING FOR RESULTS

## **Learning & Development Catalog**

Fresh ideas and actionable strategies for flourishing at work

90-minute sessions delivered via Zoom for groups of 15 to 100

General public groups: \$675/session  
UMD: \$500/session

Email [cloc@umd.edu](mailto:cloc@umd.edu) to get started.

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### **ABC's of Resilience**

Explore and practice specific tools for calming your brain and dealing more effectively with stressful and unpredictable situations.

### **Bring Your Whole Self to Work**

Learn why a more integrated you is a more productive you and practice tactics for putting the pieces together.

### **Building a Culture of Generosity in Your Organization**

Explore the concept of “givers” and “takers” and the effect these behavior patterns can have on teams. Learn how to create a giving culture among your staff.

### **Can I Give You Some Feedback?**

Discover strategies to provide honest, effective guidance.

### **Exposing our Blinders: The Role of Unconscious Bias at Work**

We are all influenced by nonconscious drivers, or biases, that impact how we see the world. Learn about these blind spots, the impact they have, and how to begin building awareness.

### **From Problem to Possibility: Leading from the Positive Edge**

Get farther faster by focusing on what's right rather than what's wrong. Learn strategies for enhancing the positive in your work environment.

### **I'm Here for You: Making High Quality Connections at Work**

Quality interactions between coworkers are a cornerstone of a thriving workplace. Discover the essential components of these connections, what makes them so powerful, and how to create space for more of them.

### **Managing Change in the Workplace**

The only constant in life is change. Learn about common reactions and emotions that accompany change and how to successfully navigate them.

### **Managing Unsolvable Problems: Polarities at Work**

Do you often face a tug-of-war between two seemingly opposite values? Learn how to name and navigate the ups and downs of common workplace polarities.

### **Meeting Your Goals: Strategies for Following Through**

Do you often set goals, but are unable to follow through? Explore the most effective processes for meeting your goals, and learn scientifically proven tools for staying on track.

### **Navigating Relationships: What's Your Brain Got to Do with It?**

Explore how the instinctive tendencies of your brain affect your work and life. Learn strategies to harness its power to promote better communication, understanding, problem solving, and empathy.

### **Not Another Recognition Banquet: Praise and Recognition for the Everyday User**

Learn why giving praise and recognition is so important, and how to do it effectively.

### **The Science of Motivation**

Explore what motivates people, and put what we know into practice.

### **Work Together Better: The Role of Psychological Safety**

Learn about creating an organizational culture where knowledge and innovation flourish because people feel safe to contribute their ideas.