



VALENCIA COLLEGE  
**LEARNING  
DAY 2022**

## Learning Day Collection

LinkedIn Learning Course	Course Description
<a href="#">How to Beat Workplace Loneliness</a>	<p>If you've ever experienced loneliness at work, you can rest assured that you're not alone. The impact of loneliness in the workplace is far-reaching and highly complex, with serious effects related to mental health and physical well-being affecting people who work in the office, at home, or a bit of both. In this course, instructor Amy Brann gives you a practical, science-based guide to understanding, beating, and preventing loneliness at work.</p> <p>Explore the fundamentals of loneliness with an overview of key principles from psychology and behavioral science. Discover practical tools for establishing a sense of purpose, embracing a growth mindset, and letting yourself be vulnerable to others. Find out how to improve your empathy and compassion, increase collaboration, and build stronger relationships at work by cultivating more engaging, mindful habits.</p>
<a href="#">Use Your Strengths for Impact and Influence at Work</a>	<p>Your ability to make an impact and influence those around you is crucial to your career. We all have friends and colleagues who always seem to get the best opportunities. If you've often wondered why, it's not by luck. These people have learned the skills to be persuasive and engaging so that others are naturally drawn to them. In this course, Marielle Legair teaches you how to identify and communicate your strengths and leverage them to have a lasting impact at work. Armed with these key skills designed for the modern workplace, you'll gain clarity on what makes you unique, how to use it to build confidence, stand out powerfully online, and create more impact and influence.</p>
<a href="#">Working on a Cross-Functional Team</a>	<p>Most organizations are looking for ways to improve how employees work in teams. A standard functional organization encourages people to focus on their own individual tasks. Cross-functional teams, on the other hand, bring everybody together to deliver the whole product. You no longer depend</p>

	<p>on rigid organizational lines, and instead focus on tighter collaboration and greater employee empowerment. In the course, Doug Rose talks about the importance of understanding cross-functional teams and how they allow employees to work better together. Plus, see how to overcome common challenges and maximize your team's performance. As you'll learn, cross-functional teams can be more productive, as well as a fun and rewarding way to work together to quickly deliver your product.</p>
<p><a href="#">Creating Behavioral Change that Lasts</a></p>	<p>It's no secret: changing your behavioral patterns is hard. It's even harder when you want to make long-term changes and cultivate new behaviors that last. As hard as it is, behavioral change is necessary to make progress toward achieving a goal. In this course, leadership coach Ramona Shaw shows you how to make meaningful, permanent changes to your behavior so you can truly accomplish your goals.</p> <p>Learn about how change really happens and how you can enact it in your own life. Explore the difference between change that sticks and change that never fully takes hold. Discover how to identify your own barriers to creating change, along with concrete strategies to overcome them. Get tips on action planning, trigger response, self-praise, feedback, repetition, practice, and failure. By the end of this course, you'll have a better idea about how you can craft new habits for greater success.</p>
<p><a href="#">Dan Ariely on Making Decisions</a></p>	<p>What happens in your brain when you make a decision? When should you use your intuition? How do you make a decision when the stakes are high, when someone will be negatively impacted, when there's too much or too little information, or when you need to involve your whole team in the decision-making process? And how can you stop procrastinating making a decision? In this course, Dan Ariely—social scientist, beloved professor, and best-selling author of seven books—answers the most-pressing questions about decision-making, based on insights from his extensive research.</p>
<p><a href="#">How to Have a Great Day at Work with Caroline Webb</a></p>	<p>Learn practical, evidence-based techniques to help you take more control of the quality of your daily working life, regardless of the ups and downs. Best-selling author Caroline Webb briefly goes over the behavioral science that drives your ability to perform and feel at your best, then covers</p>

	<p>seven building blocks of a good day at work: priorities, productivity, relationships, thinking, influence, resilience, and energy. Each building block includes complementary techniques that can be used in any professional context, with clear and accessible explanations of the science behind the effectiveness of each tool as well as step-by-step guidance on how to apply them in real life. Inspired by and based on Caroline's global bestseller How to Have a Good Day, the techniques in the course have been tried and tested by more than 100k people around the globe.</p>
<p><a href="#"><u>Using Resilience to Overcome the (Seemingly) Impossible</u></a></p>	<p>Life is full of many obstacles and challenges, and we all have times when we must rise to the occasion. Is this a skill you can learn? The answer is a resounding yes. In this course, resilience expert Azim Khamisa shows you how to develop resilience and thrive through life's challenges. Rooted in the inspiring story of his own personal transformation, he walks you through how to forgive, reframe your hardships, and change your behaviors. Azim also explains how to live authentically, stay present in the moment, and thrive in a new environment. After watching this course, you'll feel empowered to navigate your own resiliency journey equipped with the tools and techniques needed to build it.</p>