

Department of Learning and Organizational Development (L&OD)

## April Course Schedule 2025

### Professional Development Courses

Course Title	Date	Time	Location
<b><u>Managing Stress and Anxiety</u></b> Stress is an everyday occurrence. Learn about the physiology of stress, unhealthy and healthy coping strategies, and strategies to resist burnout.	4/3	11:00 am - 12:00 am	UH B-419
<b><u>Implicit Bias</u></b> This workshop explores unconscious attitudes or beliefs we have about others that can influence how we interact with them, and strategies for managing them while fostering cultural competence.	4/10	10:00 am - 11:00 am	UH B-419
<b><u>Career Edge: Leveraging SWOT for Growth</u></b> This course guides participants in using SWOT analysis to assess their Strengths, Weaknesses, Opportunities, and Threats, helping them make strategic career decisions. Learn to leverage your strengths, address challenges, and create a clear path to professional growth.	4/10	11:00 am - 12:00 pm	UH B-419
<b><u>Stronger Together Series: Building a Healthier Team</u></b> Part one of the team-building series lays the foundation for collaboration in a dynamic environment. Participants will explore effective communication, team trust, and strategies to enhance cohesion and efficiency through engaging activities.	4/14	12:00 pm - 4:00 pm	UH H-349
<b><u>Achieve 2025: SMART Pathways to Success</u></b> This monthly series helps individuals set, track, and achieve SMART goals with community support. Sessions focus on refining techniques, overcoming challenges, and celebrating progress through peer support and structured check-ins. All materials provided.	4/15	10:00 am - 11:00 am	UH H-349
<b><u>AI in the Workplace: Pros &amp; Cons</u></b> This course explores the benefits and challenges of integrating Artificial Intelligence (AI) in the workplace. Participants will examine how AI enhances efficiency, decision-making, and innovation while also considering ethical concerns, job impact, and implementation challenges. Gain insights to navigate AI's role in the modern workforce effectively.	4/17	11:00 am - 12:00 pm	UH B-419
<b><u>Benefits "Lunch and Learn"</u></b> Understanding your Employee Assistance Program (EAP) and Supplemental Options	4/17	12:00 pm - 1:00 pm	UH B-419
<b><u>Emotional Intelligence for Leaders</u></b> The "Emotional Intelligence for Leaders" course is designed to equip healthcare leaders with the skills to recognize, understand, and manage their own emotions as well as the emotions of others. This course emphasizes the importance of emotional intelligence (EI) in fostering effective leadership, enhancing communication, and building strong, empathetic relationships within a hospital environment.	4/17	1:00 pm - 3:00 pm	UH B-419
<b><u>Improve your Interview Skills (Managers) "Lunch and Learn"</u></b> Best Practices for Managers Interviewing Candidates course is designed to provide managers with the essential skills and knowledge needed to conduct effective, unbiased, and efficient candidate interviews. This course will equip managers with the tools to assess candidates thoroughly, make informed hiring decisions, and ensure a positive candidate experience throughout the process.	4/24	11:00 am - 12:00 pm	UH B-419
<b><u>Discovering Your Leadership Style: Assessment-Based Insights</u></b> Uncover your unique leadership style through a personalized assessment in this interactive course. By analyzing your strengths, communication approach, and decision-making tendencies, you'll gain valuable insights into your leadership potential. Learn how to leverage your style to inspire, motivate, and lead with confidence. <i>Please bring your personal smartphone/tablet for the assessment</i>	4/29	11:00 am - 12:00 pm	UH B-419

### Technology Courses

Course Title	Date	Time	Location
Excel 2	4/14	9:00 am - 4:00 pm	Cancer Center D1180

To enroll online or view course description, please access (intranet): <https://hrcourses.uhnj.org/>

If you are registering from home, please use <https://citrix.uhnj.org/>

Questions? Send Learning & Organizational Development an email: [HRLearning@uhnj.org](mailto:HRLearning@uhnj.org)