

MARCH 2026

THE MIND GYM

the official newsletter of Training & Organizational Development

Upcoming Training Opportunities

COMPUTER BASED LEARNING

- Browse FSU's [online training courses](#) available via Canvas.
- Find a [LinkedIn Learning](#) course.

DATA TRAINING

- OBI Term Statistics, 3/10
- OBI Class Enrollment, 3/12
- OBI Class Meeting Pattern, 3/13
- Metrics Strategies for Data, 3/26
- Power BI Workspace Management, 3/31
- Student Data Analytics Toolkit, 4/7
- Introduction to Power Automate, 4/21

FINANCIAL SERVICES TRAINING

- Travel & Expense, 3/10
- Intermediate University Accounting, 3/12
- Advanced University Accounting, 3/24
- Departmental Ledger Review, 3/26

PERSONAL DEVELOPMENT

- Stressed Out, 3/6
- Mindfulness, 3/17
- Team Building, 3/25

HUMAN RESOURCES TRAINING

- Compensation Training, 3/10
- Benefits Briefing, 3/10
- ADA Workshop, 3/11 & 4/9
- Form I-9, Guardian, E-Verify, 3/18 & 4/15
- Anti-Sexual Misconduct Workshop, 3/26
- The Nole e-Recruit Experience, 3/27
- EO Compliance & Reporting, 3/31
- Criminal History Background Check Process, 4/9
- Workers' Compensation, 4/22

STUDENT SYSTEMS TRAINING

- Campus Connect Foundations, 3/6
- Targeted Outreach & Strategic Messaging, 3/9
- Designing and Assessing Outreach Campaigns, 3/10



Questions?

Email: training@fsu.edu

Phone: (850) 644-8724

Please visit the [university calendar](#) to access training descriptions, course numbers, and links to register in the [OMNI HR](#) Learning & Development portal.

TRAINING SPOTLIGHT

Mindfulness Training

March 17 | 9:00 a.m. - 10:30 a.m. (In-Person)



What is mindfulness? Why is it important? How can you incorporate mindfulness into your daily life to improve mental and emotional well-being?

Join the training for an engaging, hands-on workshop where you'll learn practical techniques to bring mindfulness into your daily routine, both at home and at work.

Register for Training:

- Visit [my.fsu.edu>HR>Learning and Development>Request Training Enrollment](https://my.fsu.edu/HR/Learning_and_Development/Request_Training_Enrollment)
- Search by course name 'Mindfulness' or number 'PDMIND'
- Contact training@fsu.edu or reference the [Training Registration Guide](#)

Team Building Training

March 25 | 9:00 a.m. - 11:30 a.m. (In-Person)



The goals of this workshop are to help each participant gain a deep understanding of their own style, learn about their coworkers' unique styles, and apply this knowledge in practical ways to enhance the workplace environment and strengthen team collaboration.

Individuals and teams are encouraged to participate - whether you're looking to understand your own style better or strengthen team dynamics, this workshop offers practical tools and insights that benefit everyone.

Register for Training:



- Visit [my.fsu.edu>HR>Learning and Development>Request Training Enrollment](https://my.fsu.edu/HR/Learning_and_Development/Request_Training_Enrollment)
- Search by course name 'Team' or number 'LSTD01'
- Contact training@fsu.edu or reference the [Training Registration Guide](#)

Questions? Contact Training & Organizational Development at training@fsu.edu or (850) 644-8724.