

OCTOBER 2025

# THE MIND GYM

the official newsletter of Training & Organizational Development

## Professional Development Opportunities

### TRAINING COURSES

The Office of Training and Organizational Development offers workplace training and professional development courses!



**Not sure which training is right for you?** Explore FSU's **Training Course Catalog** to discover a range of learning opportunities available to faculty and staff. Use it to set your professional development goals and build a personalized training plan that fits your growth path.



Head straight to the **Events Calendar** to browse upcoming training sessions and register with just a few clicks—your next learning opportunity is waiting!

Can't find the training you need? Contact [training@fsu.edu](mailto:training@fsu.edu) for help finding a course.

### CERTIFICATE TRAINING SERIES

These curated training series help employees develop skills and earn formal recognition:

- Academic Advising 101
- All Things Data
- Campus Connect Expert
- Customer Service
- Data Analytics & Literacy
- eSPEAR
- Financial Basics
- Financial Administrator
- HR Bootcamp
- HR Department Representative
- Student Coaching Skills

To view individual certificate requirements, visit the HR Training **website** or contact us.



#### Questions?

Email: [training@fsu.edu](mailto:training@fsu.edu)

Phone: (850) 644-8724

To participate in a training course, you must register in advance. Visit **OMNI HR Learning & Development** to request enrollment and secure your spot!

# TRAINING SPOTLIGHT

## Mindfulness Training

October 22 | 9:00 a.m. - 11:00 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](mailto:training@fsu.edu) or reference the [Training Registration Guide](#) for assistance

## Data Literacy & Analytics Certificate

**Boost your data skills with IR's certificate program!** Earn the Data Literacy and Analytics Certificate by completing 8 data-focused training sessions offered by the Office of Institutional Research (IR). These hands-on workshops cover a wide range of topics—from foundational courses like Introduction to Data to advanced tools such as Power BI. Each session builds your analytical skills and equips you with practical techniques for working with data.



### CORE COURSES & ELECTIVES

To learn more about the certificate course requirements, visit the Certificate Training Series [website](#).



### UPCOMING DATA TRAINING

Visit the Data Governance and Analytics Services [website](#) to find upcoming data related training courses and registration info.

Don't miss this opportunity to grow your data expertise and get recognized for it!  
Contact [IR-Training@fsu.edu](mailto:IR-Training@fsu.edu) with any questions about the certificate.

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