

THE MIND GYM

the official newsletter of Continuous Improvement & Training

April is Earth Month!

Join Us in the FSU Seminole Garden



The Garden is a shared space amongst organizations and individuals across campus, and it serves as a peaceful outlet for those who want to take a break from their schedule. Join the "Wellbeing through Sustainability" event presented by Sustainable Campus. Learn about wellbeing practices incorporating sustainability, ways to get involved on campus and in Tallahassee, and eco-anxiety coping skills.



When: April 17 from 12:00-1:00 | Location: Seminole Garden | [Sign Up](#)

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Follow Us on LinkedIn

Don't forget to check out the other training sessions in April listed on the [Training Calendar](#).

LEARN MORE



Training Spotlight

We're excited to share many training opportunities this month.



Burn Out

When: April 19 from 10:00-11:30

Location: Training Center | [Sign-up](#)

Burnout feels like a buzzword, but it is a very real experience that can leave one feeling a lot of physical and emotional discomfort. Come learn what burnout is, how it manifests, and what can be done about it!

Hands-Only CPR

When: April 12 from 10:00-12:00

Location: Training Center | [Sign up](#)

Do you know how to perform CPR? Join this workshop to learn how to deliver life-saving care to a person experiencing a cardiac emergency by practicing hands-only CPR.





Zach Alvarado
Continuous Improvement Specialist
Office of Human Resources

CIT News: Welcome, Zach!

We're excited to welcome Zach Alvarado to the Continuous Improvement & Training team! Zach has a background in process improvement, management, and digital marketing.

Zach attended the University of South Carolina, earning undergraduate degrees in Finance and Marketing and then went on to hold positions at Amazon as an Area Manager for one of their robotics fulfillment centers in Jacksonville and Trulieve as a Process Engineer focused on Manufacturing and Processing in Tallahassee.

Mindful Moments Learner Challenge

April is National Stress Awareness Month. While it's always our hope not to feel stressed out, sometimes it's inevitable. That's why we're excited to launch the "Mindful Moments" challenge this month, from April 1 - April 30, 2023, to help you manage stress when it starts to creep in. Take 5-10 minutes daily to become more mindful with this month's learner challenge hosted by LinkedIn!

- Build positive routines into your day
- Become more mindful in your personal and professional life

Are you ready to join the challenge? Enroll in the [Learner Challenges Course](#) and don't forget to invite your colleagues!



FSU employees have free access to [LinkedIn Learning](#)!



Speaking of LinkedIn, we hope you will follow our [LinkedIn page](#) to connect with more employee training and performance improvement opportunities throughout the month. We're close to breaking 200 new followers. Please help us keep growing!

Questions about anything in the newsletter? Email us at training@fsu.edu