October 2023 Training Spotlight

**Travel Expense & Concur**
*Monday, October 9 | More Info*
This course trains travel representatives, Travel Cardholders, and approvers in the fundamentals of travel and expenses and the travel card in Concur.

**Coaching Skills II**
*Tuesday, October 10 | More Info*
This workshop will provide participants with the skills necessary to listen to students and ask appropriate questions geared toward understanding and empowering students.

**Team Building**
*Wednesday, October 11 | More Info*
Through a series of exercises and discussions, you will have a chance to experience differences in how people gather information, make decisions, and structure their lives.

**Noles C.A.R.E. Suicide Prevention**
*Thursday, October 12 | More Info*
The program illustrates a step-by-step process anyone can use when concerned about someone’s mental health. The program clearly explains ways to express concern, ask about suicidal thoughts or other mental health issues, and refer to resources.

**Bridging Cultures II**
*Friday, October 13 | More Info*
This workshop will help participants understand the intercultural adjustment processes students experience at FSU.

**Bridging Cultures III**
*Friday, October 27 | More Info*
This workshop introduces participants to different styles of intercultural conflict communication and resolution. Utilizing case studies, participants will learn about their own conflict communication and resolution styles in an intercultural setting.

*There are many other training opportunities this month, listed on the university Training Calendar.*
### At-Risk Mental Health Training for Faculty & Staff

As an FSU employee, you may be the first to notice signs of distress in a student. It’s important that you are prepared to respond to such concerns. Although the At-Risk Mental Health Training for Faculty and Staff is a requirement during new employee orientation, employees can always access the training if they want a refresher!

If it’s been a while since you completed the training, consider checking it out again, as the content is continuously improved to ensure staff feel prepared for working with students in distress. To get started, review the training instructions and then visit [fsu.kognito.com](http://fsu.kognito.com).

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*These classes count toward the HR Department Rep Certificate Series. Enroll in the certificate Canvas Course.*

Questions about anything in the newsletter? Contact us at training@fsu.edu or (850) 644-8724

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