

THE MIND GYM

the official newsletter of Continuous Improvement & Training



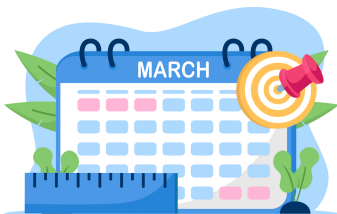
IN THIS ISSUE | MARCH 2023

TRAINING SPOTLIGHT

LEARNER CHALLENGE: PRODUCTIVITY POINTERS

GARNET & GOLD TOASTMASTERS

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

Training Spotlight

Hey FSU, let's learn something new this month! The CIT training catalog offers training ranging from topics of personal development and leadership to institutional research and OMNI Financials! If you haven't explored our [catalog](#), you should check it out. We know the catalog has a lot to offer so we've compiled a March training spotlight for you!

Sustainability and EDI hosted by Sustainable Campus

March 29 from 1:30-3:00pm @ the Training Center

- Come explore the overlapping nature of environmental and social justice to advocate for the protection of people and the planet!

Financial Wellbeing Webinars

Credit Counseling, March 8, 12:00-1:00pm

- Learn about debt-relief options, budget assistance, credit improvement, housing counseling and financial education.

Choosing the Right Credit Card, March 30 from 10:00-11:00am

- Learn about credit cards, how they work, understanding their rules and fees and how interest is calculated.





Learner Challenge: Productivity Pointers

Productivity might look different to everyone, but the core skills to be productive are crucial for everyone. This month's Learner Challenge will help you or your team learn to better manage their time and tasks, maximize downtime, and learn to stop holding themselves back professionally. Get started by enrolling in the [Learner Challenges Course](#).

Garnet and Gold Toastmasters

Did you know 75% of people would rather die than give a speech?! Having the ability to give speeches and take command of your audience is something you can achieve with the help of Garnet and Gold Toastmasters. The club offers a warm, welcoming environment where you can safely practice developing your speaking skills. You'll receive constructive feedback to help you improve and perfect your communication and leadership style.

- Improve your self-confidence
- Improve your language and sentence structure
- Develop the ability to control your environment
- Build a network of professional relationships

The club meets every Tuesday from 11:00-12:00pm and no registration is required. All employees are welcome!

- 1st & 3rd Tuesdays (Zoom)
- 2nd & 4th Tuesdays (Hybrid)

Visit www.garnetandgold.toastmastersclub.org for more information and to access the Zoom link.



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