

THE MIND GYM

the official newsletter of Continuous Improvement & Training



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TRAINING SPOTLIGHT

**BUILDING SOFT SKILLS
FOR TODAY & TOMORROW**

**SEMINOLE PREPARED
ONLINE TRAINING COURSE**

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Training Spotlight

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

HR Department Representative Certificate

This program is designed to help those serving as HR Representatives at FSU learn essential information to be successful human resources department representatives. Participants who successfully complete the training requirements will earn a digital badge and certificate! Learn more about certificate requirements on the [CIT website](#).

Hands-Only CPR & AED Training

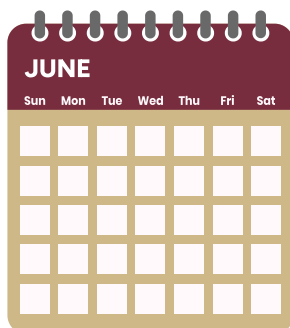
June 8 from 3 p.m. - 5 p.m. | Training Center | [Sign-Up](#)

- Join this workshop to learn how to deliver life-saving care to a person experiencing a cardiac emergency by practicing hands-only CPR and how to use an AED.

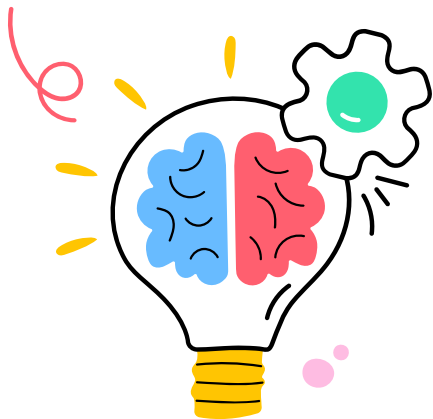
General Homebuyers Education

June 15 from 12 p.m. - 1 p.m. | Zoom | [Sign-Up](#)

- This workshop will introduce individuals to the home-buying process, from the idea of ownership through purchase, ownership and home maintenance.



Remember to check out the other opportunities advertised on the university events calendar by visiting the [Training Calendar](#).



Building the Right Soft Skills for Today & Tomorrow

Strengthen these professional skills to move your career forward.

Professional skills, also known as soft skills, are needed in almost every aspect of your work. Developing these fundamental skills to advance your career, effectively communicate, expand your emotional intelligence, and most importantly, create deeper connections with the people around you is essential. You're invited to join the June Learner Challenge to strengthen your soft skills! You can start by enrolling in the Canvas [Learner Challenges Course](#).

Seminole Prepared: Emergency and Response (SPEAR) Training

Did you know that June 1 kicks off hurricane season? It's time to get prepared! SPEAR is an online training course designed for faculty and staff at FSU.

What will you learn about in the SPEAR training?

- Personal preparedness tips, including types of weather emergencies and other disasters, and how to prepare yourself and your family.
- Professional preparedness tips for FSU employees who may be considered Essential Personnel.
- Review the University's Comprehensive Emergency Management Plan (CEMP) to teach you how the university responds to disasters.



Visit emergency.fsu.edu/services/training to access the SPEAR training course.

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Stay up-to-date with employee training and performance improvement opportunities and connect with fellow FSU colleagues on our [LinkedIn page](#).

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