

Networking Breakfast 1st Thursdays, 9 AM over Zoom

We meet the **first Thursday of the month** over Zoom to work hands-on over topics and material to help better manage ourselves, our teams and to navigate the world around us.

Winter 2024
January 11

Topic

Personal Mission Statement



Winter 2024

Topio

February 1

Learning Programs Available to Stanford Employees

See what people at Stanford University are learning this week



Centered Communication: Get Better Results from Your...



Communicating with Confidence



e Management Tips

1 person at Stanford University is learning



Employee Experience in a Business World

Resources

Join us at the Personal Mission Statement Workshop and embark on a journey of selfdiscovery that will shape your destiny. Discover your purpose, chart your course, and set sail towards a future filled with passion and fulfillment. We can't wait to see you there!

A Personal Mission Statement: Your Road Map to Happiness by Michael Stawicki (1 hr 10 min) How to Write a Personal Mission Statement by Jennifer Herrity

How to Develop Your Personal Mission Statement by Stephen R. Covey (3:13)

Resources

Did self-development make it on to your resolution list? Come to this workshop to learn where and how to access programs available to Stanford employees and get started on creating the new and improved you.

Learning at Stanford
Linked in Learning
Free Learning Platforms

Winter 2024

March 7

Topic

The Apology Workshop



Resources

At some point in our lives, we all make mistakes or find ourselves in situations where an apology is needed. Learning to apologize effectively is a crucial skill that can mend relationships, restore trust, and foster personal growth. Don't miss out on the opportunity to enhance your apology skills—join us for the Apology Workshop!

8 Ways to Apologize Well by Angela Haupt
The Power of Apologies Harvard Medical School
Forgive for Good: A Proven Prescription for
Health and Happiness by Dr. Fred Luskin





Spring 2024

April 4

Leadership Styles

Topic

Topic



Resources

Effective leaders often combine elements of different leadership styles depending on the situation and the individuals they are leading. The most successful leaders are adaptable and can switch between styles as needed to achieve their goals and support their team's growth and development.

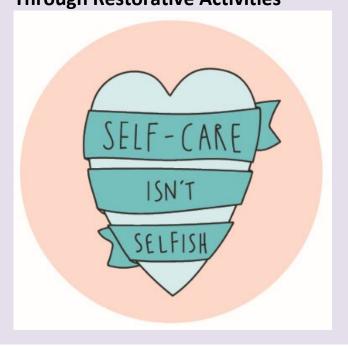
How to Lead: 6 Leadership Styles and Frameworks by Kendra Cherry

<u>Top 8 Leadership Styles - Definitions & Examples</u> <u>Indeed Career Tips</u> (13:42)

Spring 2024

May 2

Time to Focus on Your Self-Care: Taking Care of your Well-Being Through Restorative Activities



Resources

Self-care is more than just bubble baths and spa days—it's a holistic practice that nourishes your mind, body, and soul. It's about cultivating habits and routines that promote physical and mental health, reduce stress, and enhance your overall quality of life. Come to our workshop to learn about how you can improve your overall quality of life.

<u>Self Care: What It Really Is | Susannah Winters | TEDxHiltonHeadWomen (9:58)</u>

10 daily healthy habits for a better you 2023 glow up (11:01)

10 Easy Self-Care Ideas That Can Help Boost Your Health by Emily Laurence





Spring 2024

June 6

Life Purpose Workshop



Summer 2024

July 11

Topic

Topic

Effective Communication and Feedback Workshop



Summer 2024

Topic

August 1

Mastering the Art of Managing Up



Resources

Join us at the Life Purpose Workshop and embark on a life-changing journey to uncover your true purpose. Don't wait to start living a life that aligns with your deepest desires and values. Your path to a more meaningful and purpose-driven existence begins here. We're excited to guide you on this transformative journey!

How to find your Ikigai » 7 Lifestyle Habits for a Happier You (9:00)

Allow things to unfold and you will find your purpose in life | Peggy Oki | TEDxQueenstown (16:34)

What Is My Purpose Quiz? How To Find Your True Life Purpose in 2023 by Jane Ng

Resources

Teaches managers how to communicate clearly, actively listen, and provide constructive feedback.

Emphasizes the importance of non-verbal communication and emotional intelligence.

<u>Feedback on Communication: 8 Tips for</u>
<u>Effective Feedback,</u> by MasterClass (3 min read)

10 Tips For Effective Communication In The Workplace by Christiana Jolaoso

The secret to giving great feedback | The Way We Work, a TED series (5:01)

Resources

Join us at the Managing Up Workshop and empower yourself with the skills needed to excel in your career. Discover how to navigate the dynamics of working with superiors and build strong, productive relationships that lead to success. Your path to professional growth starts here. We can't wait to see you there!

What is Managing Up? | Corporate Trainer Dana Brownlee (8:37)

Guide to managing up: What it means and why it's important by Alexi Croswell (6 min read)





Summer 2024
September 5

Cultivating Engaged Teams



Autumn 2024

October 3

Topic

Topic

Crafting Your Unique Brand: A Workshop on Personal Branding



Autumn 2024

November 7

Navigating Harmony: Conflict
Resolution and Mediation Workshop



Resources

Join us at the Cultivating Engaged Teams
Workshop and empower yourself with the tools
and knowledge to foster a culture of
engagement, collaboration, and success. Your
team's journey to peak performance starts here.
We look forward to seeing you and your team
thrive!

Managing Yourself: How to Cultivate Engaged Employees by Charalambos Vlachoutsicos

Trusting Teams | THE 5 PRACTICES

Simon Sinek (9:16)

Resources

In today's competitive and interconnected world, your personal brand is your most valuable asset. Whether you're an aspiring leader or seasoned professional, your personal brand defines who you are, what you stand for, and how you're perceived by others. It's the key to unlocking exciting opportunities, building a loyal audience, and achieving your goals.

<u>5 Steps to Building a Personal Brand You Feel Good</u>
<u>About</u> | The Way We Work, a TED series (6:14)

A New Approach to Building Your Personal Brand by Jill Avery and Rachel Greenwald

Resources

Conflict is an inevitable part of life, and how we manage it can make all the difference in our personal and professional relationships. The ability to resolve conflicts effectively and mediate disputes is a valuable skill that can lead to healthier interactions, increased productivity, and stronger connections with others.

<u>Conflict Resolution: 8 Ways to Resolve Conflict</u> in the Workplace (9 min read)

<u>3 ways to resolve a conflict</u> | Dorothy Walker | TED Institute (8:50)

Autumn 2024

Topic

Topic

Resources

December 19





