



Get a head start on your semester by taking advantage of PASSHE Academy's program offerings! As a reminder, PASSHE Academy provides enrichment opportunities in a variety of areas including communications, leadership, personal development, productivity, wellness, and more. Most programs are virtual so you can listen/watch anytime, anywhere at your convenience.

This month, learn how to keep your cool in tough situations, gain strategies to maximize your email communications, explore facilitation techniques, take the leadership challenge, get free goal setting resources, and much more. Also be sure to check out our upcoming wellness opportunities that will empower you to live mindfully and become both happier and healthier!

**[Click here to view our September offerings!](#)**

If you would like to suggest ideas for future programs, please contact Wendy Bowersox, Workplace Training Coordinator, at 717-871-4752 or [wendy.bowersox@millersville.edu](mailto:wendy.bowersox@millersville.edu).