



Autumn is the season of change, transition, and renewal.

As you take time to enjoy the beauty of nature's life cycle, think about change as a chance for transformation and growth in your own personal and professional life. Start by taking advantage of our professional development opportunities to develop yourself in an area of your choice. Learn how to lead effectively, become a dynamic networker, strengthen your leadership backbone, embrace your power within, eat well for life, and much more.

[Check out the November offerings here.](#)

November also marks the start of *National Gratitude Month*! Check out our article on "**[The Power of Gratitude](#)**" and challenge yourself to incorporate gratitude into your everyday life. As a bonus, we've included our "Recipe for Gratitude," including four simple ingredients that when thrown together, can make your life that much "sweeter."

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.



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