

# PASSHE Academy

## Professional Development Opportunities

At this point in the semester, many of us may start to lose focus or motivation. Like a runner in a race, we have to make the decision whether we are going to push through or give in to the voices telling us to slow down or “quit.” Make the most out of every opportunity to push yourself, including participating in development opportunities!

Learn how to strengthen your emotional intelligence, acquire powerful strategies to coach yourself to a brighter future, gain strategies to deliver effective feedback, discover how to make the most of every meeting, get tips to win the war on stress, and much more. Also featured is our Performance Management Bootcamp and Wellness Bootcamp!

Will April showers bring down your mood? Be sure to check out our featured webinar, “[8 Strategies to Live a More Positive Life](#).” In this 17 minute video, you’ll learn the benefits positive thinking can have on your everyday life and gain 8 simple strategies to living a more positive life.

[View the April and May 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).

