



Each new year presents an opportunity for growth and development. Make it your goal this year to learn something new, form new habits and rid yourself of bad ones, and cultivate positive attitudes and behaviors. Our professional development opportunities are here to help take you one step further toward reaching your goals. Our programs are available on a variety of mediums, from teleseminars, webinars, email campaigns, and more, so you can listen/watch anytime, anywhere at your convenience.

This month, learn how to make stress your friend, take your employees where you didn't think they could go, organize yourself from the inside out, create a better you in 2018, and much more.

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

If you would like to suggest ideas for future programs, please contact Wendy Bowersox at 717-871-4752 or wendy.bowersox@millersville.edu.