Research shows that, contrary to superstitions, luck is not due to random chance or magical abilities. In fact, lucky people think and behave differently than others. As a result, good things happen to them. Lucky people generate good fortune by maintaining a positive mindset and persevering in the face of setbacks; creating and noticing opportunities as they arise; and adopting a growth mindset while truly believing that good things will come with hard work and practice.

Want to cultivate more luck in your life? Start by checking out our March professional development opportunities! Take advantage of this opportunity to learn new skills and develop new interests.

This month, gain strategies to:

- effectively lead and participate in meetings,
- learn to identify and move yourself and others through change,
- get helpful tips for starting your journey to health and wellness,
- receive goal setting tools that will help you be successful at home and at work,
- learn how to coach yourself to reduce fears and negativity,
- gain strategies to maximize performance evaluations and discussions,

and much more in our upcoming offerings!

Click here to view our March offerings!

If you would like to suggest ideas for future programs, please contact Wendy Bowersox, Workplace Training Coordinator, at wendy.bowersox@millersville.edu.