



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:

<ul style="list-style-type: none"><li>effectively lead and participate in meetings,</li></ul>	<ul style="list-style-type: none"><li>receive goal setting tools that will help you be successful at home and at work,</li></ul>
<ul style="list-style-type: none"><li>learn to identify and move yourself and others through change,</li></ul>	<ul style="list-style-type: none"><li>learn how to coach yourself to reduce fears and negativity,</li></ul>
<ul style="list-style-type: none"><li>get helpful tips for starting your journey to health and wellness,</li></ul>	<ul style="list-style-type: none"><li>gain strategies to maximize performance evaluations and discussions,</li></ul>

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](mailto:wendy.bowersox@millersville.edu).

