



Human Resources Training

The University of Wyoming Human Resources Department is offering employees the opportunity to attend upcoming professional development training on the following topics:

Coping with Change

Change is routine in today's workplace. And, no matter what you do, you probably can't – or shouldn't – try to stop it. However, you can choose how you react to it. If you can embrace and cope with change, you'll be valued highly in your organization. You'll be seen as a flexible and adaptable team player, and this reputation can open up many opportunities. [Register here](#)

Difficult Communication

Success in business often depends on your ability to be tactful, develop empathy, and making the effort to appreciate other people's points of view. The more you arrive at shared understandings with colleagues and clients, the better you'll be able to create high-quality connections with them. Taken together, these skills can make your workplace happier, more cohesive, and more productive. [Register here](#)

Stress Management in the Workplace

Many of us experience stress in life, whether this is in the short term from one-off projects, or long-term stress from a high-pressure career. Not only can this be profoundly unpleasant, it can seriously affect our health and our work. However, it is possible to manage stress, if you use the right tools and techniques. In this training, we'll look at what stress is, what increases your risk of experiencing it, and how you can manage it, so that it doesn't affect your well-being and productivity. [Register here](#)

Resources

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