WEBINAR SUMMARY

SkyVU Training Plan: Learning Program Calendar

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<th>July</th>
<th>August</th>
<th>September</th>
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<td><strong>All Employees &amp; Managers:</strong></td>
<td><strong>Webinars, Online Resources and Flight Check-Ins</strong></td>
<td><strong>Orientation and In-system Learning Sessions</strong></td>
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<tr>
<td><strong>Financial Unit Managers, HCM Specialists &amp; Approval Group:</strong></td>
<td><strong>Orientation and In-system Learning Sessions</strong></td>
<td><strong>Additional Learning Sessions</strong></td>
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<td><strong>October</strong></td>
<td><strong>November</strong></td>
<td><strong>December</strong></td>
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<td><strong>FUMs, HCM Specialists &amp; Approvers:</strong></td>
<td><strong>Additional Learning Sessions</strong></td>
<td><strong>Learning session: in-person classes, online modules &amp; resources, office hours, etc.</strong></td>
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<td><strong>All Employees &amp; Managers:</strong></td>
<td><strong>Flight School Kick-off</strong></td>
<td><strong>Additional Learning Sessions</strong></td>
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For more information about the SkyVU training plan, watch the webinar or visit the Training tab of the SkyVU website.

**Adjusting to New Technology & Systems in the Workplace**

What makes change difficult?
- The subconscious belief that longevity equals goodness
- It can be a time-consuming process
- Change, even good change, is stressful

Four ways to cope with changes to technology & systems in the workplace:
- Stay informed
  - Engage in Change Agent Webinars, read the SkyVU blog, read the SkyVU website for updates, attend SkyVU presentations & events, etc.
- Accept what you cannot change
  - Keep your personal goals in mind. What do you value and want in your life?
- Assess and manage your stress
  - Utilize the Resilience Toolkit and mindfulness videos by Work/Life Connections and practice breathing exercises
- Seek support
  - Work/Life Connections Employee Assistance Program offers support through any change in the workplace, as well as other professional and personal situations. They offer confidential, short-term, no-cost counseling and coaching for VU employees and their spouses. Employees can make an appointment by calling 615-936-1324.

**ACTION ITEMS**

- Encourage your colleagues who watch our webinars, but aren’t signed up as Change Agents to email us at skyvu@vanderbilt.edu. We want to ensure all of Change Agents are recognized!
- Share this webinar link with your colleagues.

Our next webinar is August 9 at 10 a.m.