



**Webinar:** SkyVU Training Plan & Adjusting to New Technology and Systems in the Workplace  
**Guest Speakers:** Amanda Roberts, SkyVU training & learning lead, and Dr. Chad Buck, clinical psychologist, Work/Life Connections Employee Assistance Program

## WEBINAR SUMMARY

### SkyVU Training Plan: Learning Program Calendar

July	August	September
All Employees & Managers: Webinars, Online Resources and Flight Check-Ins		
Financial Unit Managers, HCM Specialists & Approval Group: Orientation and In-system Learning Sessions		
October	November	December
FUMs, HCM Specialists & Approvers: Additional Learning Sessions		
All Employees & Managers: Flight School Kick-off		
Learning session: in-person classes, online modules & resources, office hours, etc.		

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](mailto: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.