Welcome to Follow-up Friday - This newsletter style publication highlights Learning and Organizational Development (L&OD) efforts over the past week to wrap up and remind of the concepts and discussions that took place.

Our Weekly Schedule

CLICK HERE TO VISIT TELECOMMUTING RESOURCES

Professional Development Topics:

June 3: Don't Be Alone  June 10: Are You Introverted or Extroverted?  June 17: Bias Preferences in Telecommuting  June 24: Are You Energized By Optimism?

ZOOM CELEBRATION: LET'S CELEBRATE OUR ACCOMPLISHMENTS

Telecommuting brings challenges we've had to overcome. Along with these challenges, we've experienced accomplishments.

In a quote from Jeffrey Benjamin, he says “The celebration of success overshadows the challenges encountered along the way.” In other words, the journey/challenges we encounter to reach the end results get overshadowed by our accomplishments.

When we left campus we were faced with multiple challenges. Think back and acknowledge the challenges you have encountered. As the challenges presented themselves, they likely felt very imposing at that time and created much emotional uncertainty. Next, spend some intentional time mentally celebrating your accomplishments as you overcame these challenges. Do those challenges still possess that same level and type of uncertainty? Chances are you are no longer impacted as clearly and powerfully by those thoughts. With accomplishments and celebration, we shift our perspective to focus on what we can do, and hat we have done. Challenges become secondary and are overshadowed when we celebrate.

Take some time to celebrate!

There are 18 summers in childhood. How will you make this one count? Let’s incorporate fun activities/summer camps into your child’s summer. Summer activities don’t always require money. There are many activities you can incorporate into your child’s summer that you can do together. Here is a list of a few virtual summer camps/activities your children can take part in:

- UTIA Garden Discovery Camps- Ages 6-12 & 9-14
- Kids U- Rising 3-12 grades
- Tate’s Day Camp- Ages 3-13
- Seek by iNaturalist Mobile App
- Muse Knoxville Pre-K-2 grades
- Knox Brix/Bricks 4 Kidz Knoxville- Ages 5-11
- 2020 Knoxville Summer Camps
- East TN Family Fun by Mom Explores The Smokies

MINDFULNESS

Lunch and Learn

Mindfulness is a meditation method used by focusing one's awareness on the present moment. When you practice meditation, your brain structure and reactions change causing us to respond in a different manner. Mindfulness helps each of us create a greater sense of ease in the world. Check our video on the UTK-HR webpage under Telecommuting Resources/Friday Lunch and Learn.

Will Plaskonka, L&OD Manager  Jeannie Jones Tennant, L&OD Consultant  Audrey Robinson, L&OD Training Coordinator

MAY 29, 2020  lod@utk.edu  Listserv: LOD