Coaching with Dr. James Williams
On September 14, Dr. James Williams, Associate Professor, Retail, Hospitality and Tourism Management engaged with our Lunch and Learn session. We spent one hour listening to Dr. Williams answer questions around the concept of coaching.

James discussed the nuances of what coaching means to him. As we spent time together, we examined what to look for in an effective and beneficial coaching relationship. Among the things Dr. Williams suggests is that coaching is designed to foster individual growth and depends greatly on truth and trust.

If you wish to view or revisit this session please access the HR website and look for Telecommuting Resources.
Difficult Conversations, Dr. Dorian McCoy
On October 12, Learning and Organizational Development have invited Dr. Dorian McCoy to our session on Difficult Conversations. We will spend time with Dorian engaging with him and discussing this important topic.

Difficult conversations are just that ‘difficult’. As we learn more about strategies, we must also continue to lean into these uncomfortable moments to expand our capacity to engage with others.

We owe this to ourselves, our teams and each other to be truthful. If we withhold truth we rob each other of knowing what is seen and or expected, setting us and others up for failure.

"Courage and Difficulties"

For leadership and professional growth to be effective, we must take action with courage in the face of difficulty. Difficulties and courage are often presented together. We are working in difficult times and courage is required. Courage to lead or courage to let another lead.

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