

Department of Learning and Organizational Development (L&OD)

May Course Schedule 2025

Professional Development Courses

Course Title	Date	Time	Location
<u>EAP: Implicit Bias</u> This workshop explores unconscious attitudes or beliefs we have about others that can influence how we interact with them, and strategies for managing them while fostering cultural competence	5/8	10:00 am – 11:00 am	B-419
<u>New Manager Training (Mandatory for all new supervisors and above)</u> This is a foundational course designed to equip first-time managers with the essential skills needed to lead teams effectively. This course covers key topics such as leadership styles, communication, delegation, performance management, and conflict resolution. Participants will learn how to set goals, motivate team members, and navigate common challenges faced by new managers, all while fostering a positive and productive work environment. Through interactive workshops and real-life scenarios, new managers will gain confidence in their roles and develop the tools needed for successful team leadership through UH experts.	5/8, 5/15 5/22 5/29	9:00 am – 4:00 pm	B - 1120
<u>Stronger Together Series: Building a Healthier Team</u> Part one of the team-building series lays the foundation for collaboration in a dynamic environment. Participants will explore effective communication, team trust, and strategies to enhance cohesion and efficiency through engaging activities.	5/13	12:00 pm – 4:00 pm	UH H – 349
<u>Emotional Intelligence for Leaders</u> The "Emotional Intelligence for Leaders" course is designed to equip healthcare leaders with the skills to recognize, understand, and manage their own emotions as well as the emotions of others. This course emphasizes the importance of emotional intelligence (EI) in fostering effective leadership, enhancing communication, and building strong, empathetic relationships within a hospital environment.	5/13	1:30 pm – 3:00 pm	B-419
<u>EAP: Managing World Stressors</u> This course is to equip individuals with the tools and strategies necessary to manage the diverse stressors present in today's global landscape. Participants will learn about the various sources of stress, including economic shifts, environmental challenges, and social disparities, while also exploring effective coping mechanisms. The curriculum will emphasize the importance of resilience and adaptability, encouraging a proactive approach to stress management.	5/22	10:00 am – 11:00 am	D-230
<u>Non-Violent Communication</u> This course explores Non-Violent Communication (NVC) to enhance empathy, understanding, and effective dialogue. Participants will learn to express needs clearly, listen with compassion, and resolve conflicts constructively.	5/27	11:00 am – 12:00 pm	B-419
<u>AIDET Plus the Promise: Enhancing Communication and Human Connection</u> This interactive course introduces University Hospital staff to the AIDET® communication framework—Acknowledge, Introduce, Duration, Explanation, and Thank You—with an added focus on “The Promise,” which reinforces our commitment to compassionate care and service excellence. Through real-life scenarios and practical exercises, participants will learn how to apply AIDET to build trust, reduce anxiety, and create positive experiences for patients, families, and colleagues. This training supports our culture of empathy, professionalism, and accountability, aligning with UH’s mission to deliver exceptional care with dignity and respect.	5/28	1:00 pm – 2:00 Pm	C-431
<u>Benefits: Lunch and Learn</u> Tuition Reimbursement	5/29	12:00 pm – 1:00 pm	B-417

Technology Courses

Course Title	Date	Time	Location
Excel 3	5/5	9:00 am - 4:00 pm	Cancer Center D1180

To enroll online or view course description, please access (intranet): <https://hrcourses.uhnj.org/>

If you are registering from home, please use <https://citrix.uhnj.org/>

Questions? Send Learning & Organizational Development an email: HRLearning@uhnj.org