What is Skillsoft?

Skillsoft is SLU’s online learning platform. Skillsoft provides users with access to:
- 6,000+ courses
- 30,000+ books
- 3,000+ videos

How to Access Skillsoft:
1. myslu.slu.edu
2. “Tools” tab
3. Skillsoft

MONTHLY FOCUS: CONFLICT RESOLUTION

Successful teams are characterized by having a clear direction, trust among team members, effective communication, and the ability to quickly resolve conflict. In the early stages of team development, leaders must set up structures and processes that support the development of these team characteristics. Unfortunately, conflict may still arise. The survival of the team depends on a team leader—not necessarily even the team manager—who can quickly recognize conflict, diagnose its cause, and use strategies to resolve the issue.

Click on the titles below to learn how to improve your conflict resolution skills:
- Course: Leading Teams: Dealing with Conflict (1 hr.)
- Course: Challenges of Facilitating (1 hr.)
- Video: Conflict Resolution: The Skill that Makes the Difference (16 min.)
- Video: Conflict Resolution and Negotiation (3 min.)
TECHNOLOGY: TBA

Updates to Google Calendar

Google Calendar now has an option to retrieve an event that has been deleted. If you accidentally delete an event, it will now be sent to a trash folder within Google Calendar.

To restore the event:

- Mouse over the name of the calendar the event was in
- Click on the Drop Down arrow and select Trash
- Check mark the event you want to restore
- Click the “Restore selected event” button

You can also delete an event forever.

NOTE:
Events will remain in Trash for 30 days then will automatically be deleted.

PERSONAL WELL-BEING: NUTRITION AND WEIGHT-LOSS

Losing and maintaining our weight can be a difficult and frustrating struggle. We’ve tried everything, and still aren’t seeing the results we want. Don’t give up! We’ve compiled a list of Skillsoft books for you to use as a weight-loss resource.

Check out these Skillsoft books on nutrition and weight-loss:

- **Book:** Eating Mindfully: How to End Mindless Eating & Enjoy a Balanced Relationship with Food, Second Edition, Albers
- **Book:** Fit at Last: Look and Feel Better Once and for All, Blanchard and Kearin
- **Book:** The Best Things You Can Eat: For Everything from Aches to Zzz, the Definitive Guide to the Nutrition-Packed Foods That Energize, Heal, and Help You Look Great, Grotto
- **Book:** On Target Living: Your Guide to a Life of Balance, Energy, and Vitality, Johnson