



May 22, 2020

TO: Texas A&M AgriLife

SUBJECT: AgriLife Human Resources – Working Remotely, Together!

**AgriLife Employee Wellness**

Being able to express both positive and negative feelings and solve problems together are keys to a successful and happy family. Tips to help you and your family build better listening and communication skills. *(file attached)*

**How Journaling Can Improve Your Resiliency** *(includes 3.12 minute podcast)*

<https://www.ccl.org/multimedia/podcast/reflection-for-resilience-2/>

**TED Talk**

10 Ways to Have a Better Conversation, Celeste Headlee, 11.36 minutes

[https://www.ted.com/talks/celeste\\_headlee\\_10\\_ways\\_to\\_have\\_a\\_better\\_conversation?language=en](https://www.ted.com/talks/celeste_headlee_10_ways_to_have_a_better_conversation?language=en)

Celeste Headlee has worked as a radio host for decades, and she knows the ingredients of a great conversation: Honesty, brevity, clarity and a healthy amount of listening. In this insightful talk, she shares 10 useful rules for having better conversations. "Go out, talk to people, listen to people," she says. "And, most importantly, be prepared to be amazed."

**Free Learning Resources**

Amarillo College: Free Online Courses *(registration is required)*

[https://www.actx.edu/ce/index.php?module=pagesmith&uop=view\\_page&id=52](https://www.actx.edu/ce/index.php?module=pagesmith&uop=view_page&id=52)

**Guidance Resources**

[www.guidanceresources.com](http://www.guidanceresources.com) / WEB ID: TAMUS / Phone 1-866-301-9623 (Active Employees) or

AgriLife HR's EAP webpage at <https://agrilifeas.tamu.edu/hr/about-us/eap/>

First time users may wish to take the short site tour available on the home page.

**TRS Member Education Video Series**

[https://www.trs.texas.gov/Pages/pension\\_benefits\\_members\\_videos.aspx?utm\\_medium=email&utm\\_source=govdelivery](https://www.trs.texas.gov/Pages/pension_benefits_members_videos.aspx?utm_medium=email&utm_source=govdelivery)

**Just For Fun**

How to Run a Marathon and Finish Your To-Do List in One Day

<https://everwideningcircles.com/2019/12/30/finish-to-do-list-run-marathon-beau-miles-mile-an-hour/>

Questions: Contact Beverley Rose, at 979-458-3279 or [barose@ag.tamu.edu](mailto:barose@ag.tamu.edu)