



May 8, 2020

TO: Texas A&M AgriLife
SUBJECT: AgriLife Human Resources – Working Remotely, Together!

“The capacity to learn is a gift; the ability to learn is a skill; the willingness to learn is a choice.”

– Brian Herbert

In the current state, it may seem that there is little we can do and even fewer things we have control over. One area where we do have power is our mindset and future successes.

Many of us assume our character, intelligence and creativity is static; it is not. Why not view your skill gaps as a challenge? Why not cultivate your skills with effort?

Everyone can change and grow. Embrace the now.

- Tackle those skills you’ve always aspired to attain.
- Reskill to solve current or possible future challenges.
- Upskill to boost your brand.

What could possibly be better than developing (and feeding) your growth mindset?

AgriLife Employee Wellness

Virtual fitness classes with professional fitness trainers to help jump start your at home fitness routine and to make sure you do not miss out on any fitness goals.

<https://agrilifeas.tamu.edu/wp-content/uploads/2020/05/Virtual-Fitness-Classes.pdf>

Being Essential

What can you do to be an ESSENTIAL PERSON?

Randy Anderson, e3 Professional Trainers, 3.1 minutes

<https://www.youtube.com/watch?v=7uFijhq7IFy&feature=youtu.be>

A blog entry by Mike Rener, Customer Solutions Director with The Arbinger Institute.

How to choose to see the world from a view of how “I impact others”

https://arbinger.com/Blog/How_Connecting_with_Others_Connects_Us_to_Our_Impact

GuidanceResources

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.

Just For Fun

<https://www.factslices.com/s-Fact-Of-The-Day>

Questions: Contact Beverley Rose, at 979-458-3279 or barose@ag.tamu.edu

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