

LEARNING & DEVELOPMENT NEWS

UAB
LEARNING & DEVELOPMENT
The University of Alabama at Birmingham

JANUARY 2025



HR Learning & Development (L&D) is thrilled to introduce a range of innovative programs designed to accelerate your learning and enhance your performance. Take your professional growth to the next level!

— NEW PROGRAMS! —

Start the year off with brand new programs launching this year.

Developing Great Presentations

If you make or deliver presentations at any scale, attend this program to move your presentations from good to great!

TechTalk Series

Explore the world of technology with our monthly TechTalk (formerly Improving Your "Outlook")! Gain practical skills through discussions, demos, and examples, empowering you to master software and stay ahead in the tech landscape.

AMP Leadership Series

*This new series is your resource for **AMPLIFYING** your leadership skills, no matter your role. Discover how to guide a productive team and foster a positive work environment in our monthly Zoom sessions.*

LinkedIn Learning Chats

Join this brand-new series where participants will watch a short video from LinkedIn Learning, followed by a discussion, activities, and resources to help you be successful in your career.

UAB Shared Values

Join us for a series of guest speakers from across campus as they discuss how UAB's Shared Values influence behavior, relationships, and decision-making and your everyday work.

— NEW YOU! —

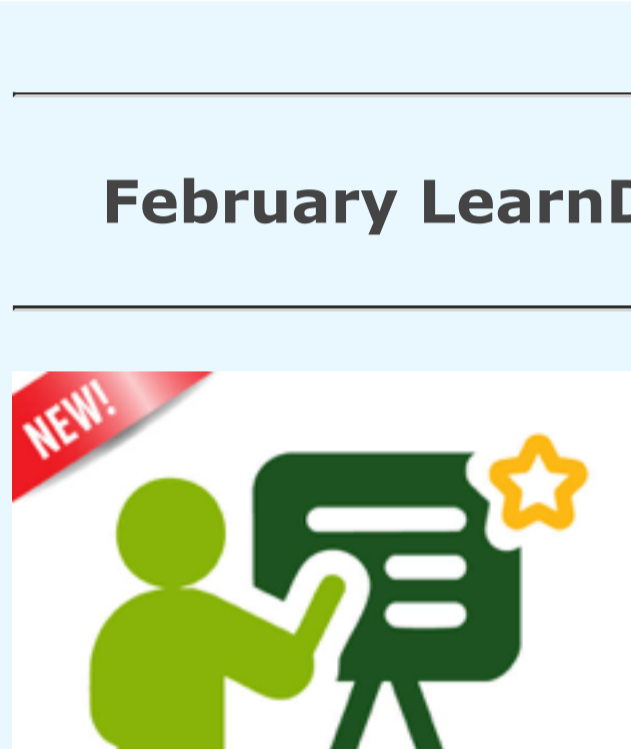
"Growth must be chosen again and again."
—Abraham Maslow

What change do you want to make in 2025? If you want to make a change, measure what you want to grow.

- **Self-Management:** Being more aware of and tracking your behavior can help you change habits and develop new ones.
- **Define and Measure Goals:** Clearly define what you want to change and measure it using specific terms to ensure consistency.
- **Identify Self-Reinforcers:** Choose rewards that motivate you and can be self-administered, like extra break time or leisure activities.
- **Track Progress:** Use tools like checklists, charts, or apps to monitor progress and remind yourself of your goals.

Check out this [LinkedIn Learning](#) video to learn more about "how to stay persistent with new habits and routines."

January LearnDev Program Calendar



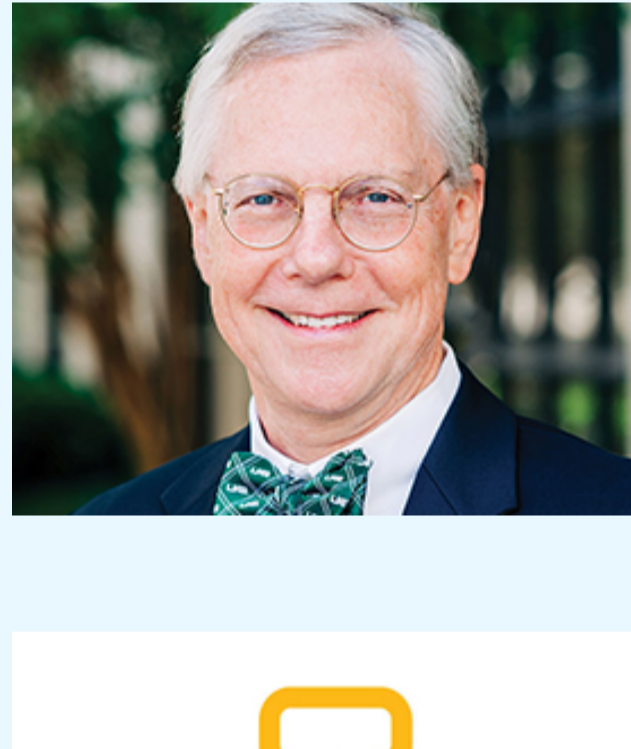
Know Your Time Management Style
Wed., Jan., 22 | 11 to 11:45 a.m. | ZOOM

Want a quick tip to improve your productivity, communication, or leadership? Join this brand-new series where participants will watch a short video from LinkedIn Learning, followed by a discussion, activities, and resources to help you be successful in your career.



Emotional Intelligence
Tues., Jan., 28 | 9 to 11 a.m. | ZOOM

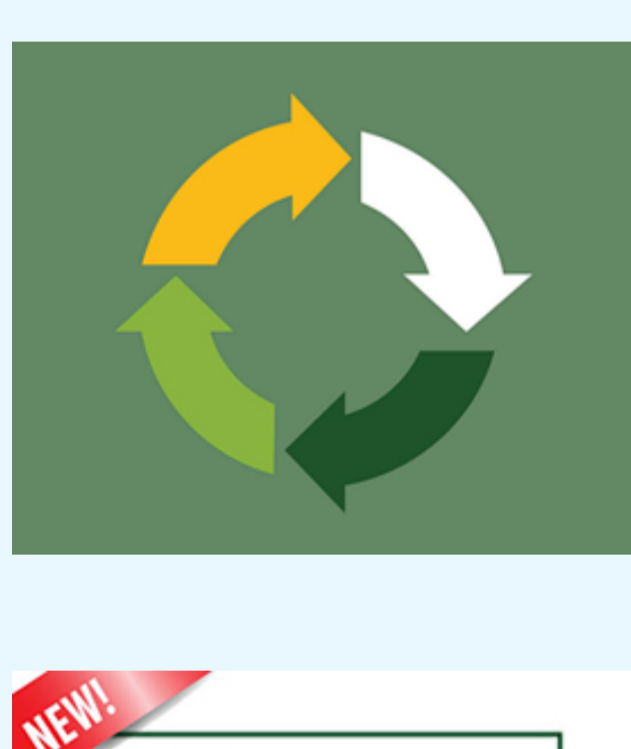
Build better relationships by learning how to reframe your emotions and adapt to the situations you encounter. You can improve your emotional intelligence. We will show you how!



Copilot for Time Management
Wed., Jan., 29 | 11 to 11:45 a.m. | ZOOM

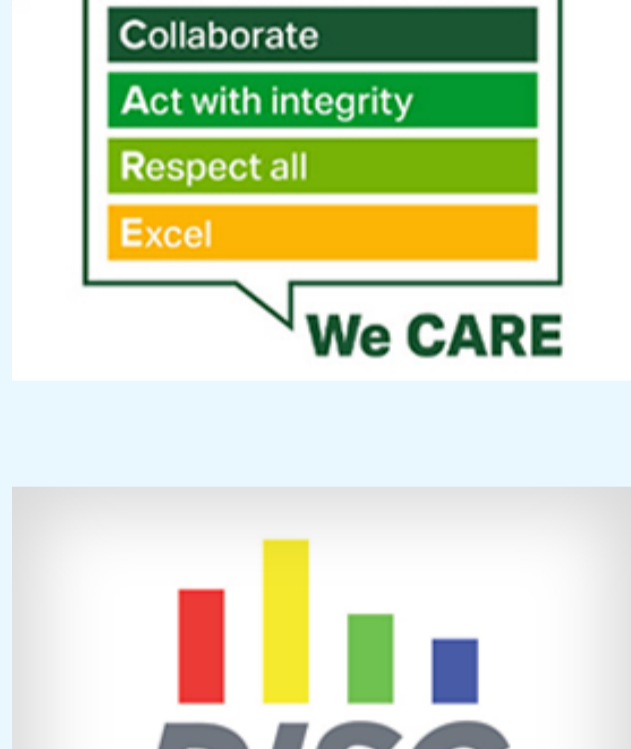
In this episode, we will discover how to use **Microsoft Copilot for time management**. Want to plan an event or schedule out how to accomplish a project? Join **Dr. Sam Giordano-Mooga (Assistant Professor, SHP Biomedical Sciences Program)** and **Jerad Watson (Manager at L&D)** as they demo the tool and discuss how to utilize it in everyday work.

February LearnDev Program Calendar



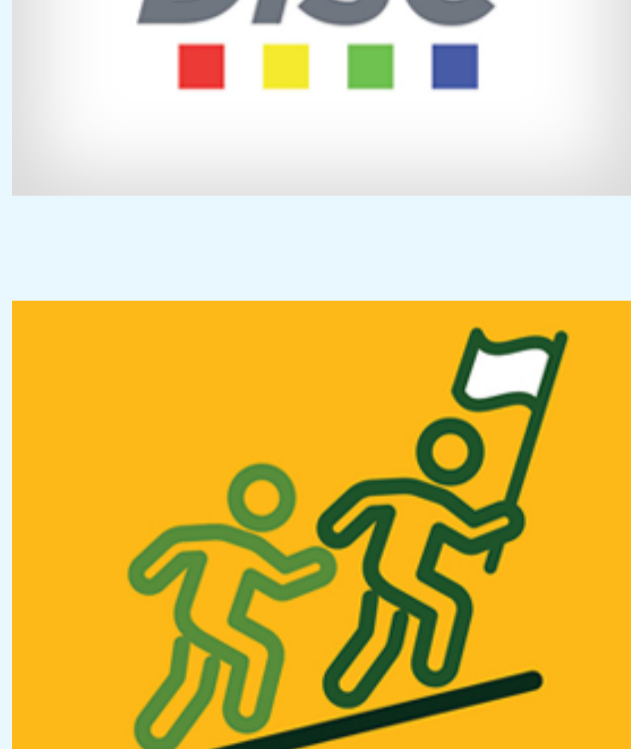
Developing Great Presentations
Tue., Feb. 4 | 9 to 11 a.m. | MT-419A

Want to move from good to great presentations? This workshop enhances your presentation design and delivery skills, ensuring you can create impactful and engaging presentations. This workshop is for you if you make or present presentations at any scale.



AMP: Accountability in Action
Tue., Feb. 4 | 2 to 3:30 p.m. | ZOOM

Are you a people-leader struggling to hold others accountable? Learn how the 5 Cs of accountability can empower you with the skills, insights, and resources to foster a team culture of accountability. Join us for **Accountability In Action** and take the first step towards a more accountable future!



Learning from Leaders - Delegation: Delegate to Elevate
Thurs., Feb. 6 | 11 a.m. to 12 p.m. | ZOOM

Join us for an inspiring session with **Dr. Paul Erwin, MD, PhD, Dean of the UAB School of Public Health** as he shares his insightful textbook, "*Leadership Intangibles*." Discover how to model leadership behaviors, uphold the highest standards of integrity and honesty, and mentor the next generation of top leaders.



Making Feedback Work for You
Thurs., Feb. 6 | 1 to 3 p.m. | ZOOM

This workshop supports developing employees by providing feedback that addresses the right issues and cultivates a positive culture of feedback for your department, unit, or team.



Excel LOOKUP Features
Mon., Feb. 10 | 11 to 11:45 p.m. | ZOOM

In this session, we will explore the Excel LOOKUP features. Discover how to retrieve data from a range and simplify searching for values.



UAB Journaling Club: Journaling through Grief
Wed., Feb. 12 | 11 a.m. to 12 p.m. | ZOOM

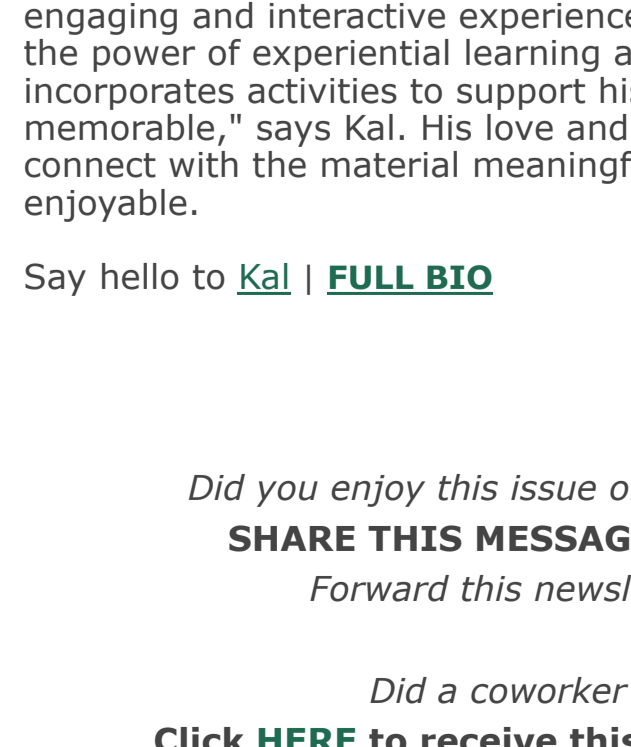
L&D Specialist Alison Kniseley and Artist in Residence Salaam Green return for our first session of 2025. Join our guest, **Janice Ward, Director-Faculty Affairs Marketing, Industry Distribution, & Economics**, as she shares her story of journaling through grief. Journaling provides a safe space to express feelings and navigate the loss journey.



Optimizing Performance: Your Check-In Strategy
Wed., Feb. 12 | 2 to 3:30 p.m. | MT-419A

— Target Audience: UAB Managers —

This course covers the importance of employee performance check-ins, highlights behaviors that create a positive work culture, shows how to express appreciation for employees, and provides resources to improve check-ins.



UAB Shared Values: Provost Janet Woodruff-Borden, PhD
Tue., Feb. 18 | 11 a.m. to 12 p.m. | ZOOM

In this episode, **Provost Janet Woodruff-Borden, PhD** will kick off the series and focus on the shared value of Collaboration.



DISC
Tue., Feb. 18 | 1:30 to 4 p.m. | MT-419A

The DISC Model offers insights into communication preferences and tendencies and guides you on how to maximize your potential results. This workshop will help you understand your behavioral style and how it influences your behavior.

Lean into Leadership
This is a two-day session

Wed., Feb. 19 | 1 to 3:30 p.m. | MT-419A
Thu., Feb. 20 | 8:30 to 11:30 a.m. | ZOOM

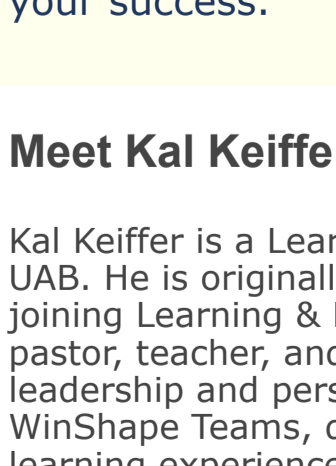
Explore the differences between leading and managing while acquiring tips to help you better manage your team and foster engagement.

AI @ Work: Dr. Carver (VP & CIO)
Wed., Feb. 26 | 11 to 11:45 a.m. | ZOOM

Join us for the AI at Work Webinar Series, designed specifically for the **UAB staff and faculty**. In this episode, **Dr. Curt Carver, UAB's VP and Chief Information Officer**, will discuss UAB's overall philosophy for AI and share his personal use of the tools for everyday work. Don't miss out on this opportunity to make AI work for you!

Making Recognition a Routine
Wed., Feb. 26 | 1:30 to 3:30 p.m. | MT-419A

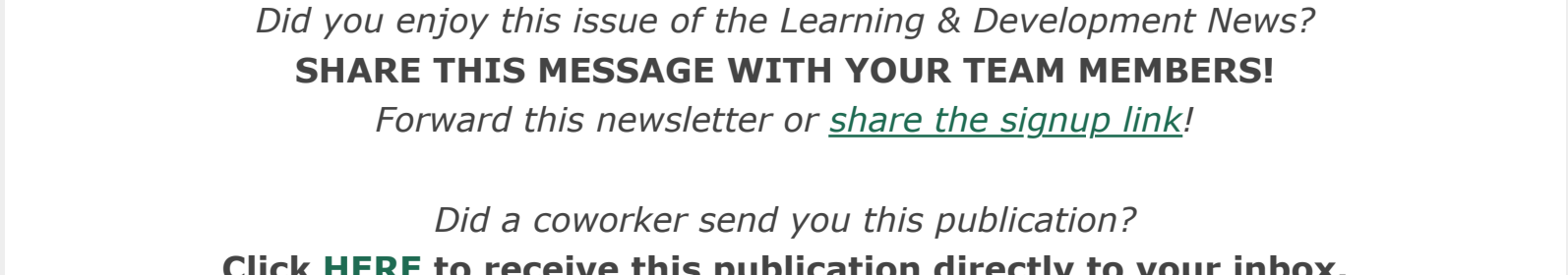
A culture of excellence is fostered when employees know their efforts are recognized and valued. This program addresses praise and recognition in three aspects: rewards as tokens, demonstrations of appreciation, and growth opportunities.



MISSED A SESSION?

See on-demand content from previously recorded programs. Click the links below to access the L&D Digital Recording Archives.

- [AI Essentials](#)
- [Exploring LinkedIn Learning](#)
- [Improving Your "Outlook"](#)
- [Learning from Leaders \('24\)](#)
- [Journaling Club](#)
- [AI @ Work](#)



Meet Our Team!

The HR Learning & Development team comprises talented professionals committed to enriching your career journey at UAB. We offer diverse expertise tailored to support your self-discovery and skill refinement. We aim to provide relevant learning opportunities as stepping stones toward your success.

Meet Kal Keiffer

Kal Keiffer is a Learning & Development Specialist at UAB. He is originally from Cullman, Alabama. Before joining Learning & Development, he was a youth pastor, teacher, and coach. Most recently, Kal was a leadership and personal development facilitator with WinShape Teams, delivering team-building and learning experiences. He holds a degree from Jacksonville State University.

Kal's facilitation philosophy centers on creating engaging and interactive experiences. He believes in the power of experiential learning and often incorporates activities to support his facilitation style. "Learning should be fun and memorable," says Kal. His love and skill for developing activities help participants connect with the material meaningfully, making each session impactful and enjoyable.

Say hello to [Kal](#) | [FULL BIO](#)

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