



## **January 2021 Course Highlights**

### **Introducing Niche Academy Courses –**



Niche Academy is an open source online learning platform made specifically for libraries. The platform gives over two thousand libraries their own academy to create and share content with other libraries. As an added benefit and professional development opportunity to all staff, MLS has partnered with EduBrite and Niche Academy to bring this content directly to you!

No additional logins needed! Access Niche Academy courses via EduBrite by typing keyword “Niche”.



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Complete one of the highlighted Niche Academy courses:

### **Niche: Niche Academy Webinar - Healthy Living at the Library**

**Approximately 1 hr.** Dr. Noah Lenstra started Let's Move in Libraries in 2016 at the University of North Carolina at Greensboro's School of Education, where he is an assistant professor of library and information science. In April 2020, his book *Healthy Living at the Library* will be published by Libraries Unlimited. As part of his work on this topic, he served on the Public Library Association's Health Literacy National Advisory Board, and he currently serves on the Physical Activity Research Center's Activating Rural America Advisory Group. He is currently working on an Institute of Museum & Library Services grant-funded project (LG-18-19-0015-19) that will answer the question "How do small and rural public libraries address health and wellness through public programs?"



His research has been published in *Library Quarterly*, *Evidence Based Library and Information Practice*, and the *Journal of Library Administration*, among others. He blogs



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monthly for the ALA Public Programs Office's Programming Librarian website, is an active member of the Association for Rural and Small Libraries, and is always up to try a new recipe or a new form of physical activity.



### **Niche: Niche Academy Webinar - Advising Parents about Child Digital Media Use**

**Approximately 45(m).** Many library professionals feel overwhelmed by the fast pace of media development and unprepared to advise parents about their children's digital media use. Navigating Screens provides tools for developing effective services relating to families and digital media. This webinar will



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introduce Navigating Screens project tutorials available for free use on Niche Academy.

### **Niche: From Compassion to Action: Serving those with Mental Health Challenges in the Library**

**Time to complete varies.** Mental health is a topic that is relevant for everyone and we need to be openly discussing and working to increase our understanding of mental health. After completing this course, you will have a better understanding of mental health and mental health challenges. This understanding will increase your confidence, your ability to address safety concerns, and your compassion and empathy, while ensuring a positive experience for all in the library.

You will learn to better understand mental health challenges and will receive tips and practical advice regarding your interactions, including ways to de-escalate potentially challenging situations. You will learn how library policies and behavior guidelines can be used to effectively balance the needs of all patrons.



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**Complete one of the highlighted LinkedIn Learning courses:**

### **Better Wrist and Elbow Health 34(m)**

Join Dr. Baxter Bell as he introduces you to this series on wrist and elbow health. Conditions like tennis elbow and carpal tunnel can be a result of repetitive and long-term mouse and keyboard use. These exercises help prevent the common pains that plague people who work at desks and computers. Baxter shares a simple antidote for tired, tight wrists and hands, as he guides you through a series of exercises to open up the upper back, shoulders, and arms. Follow along and unlock the potential to feel more open and pliable. Happier wrists and hands are the immediate result.





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### **How to Slash Anxiety and Keep Positivity Flowing 27(m)**

Don't underestimate the impact of self-care on your productivity and well-being. Self-care is a requirement for resilience. Overcoming obstacles while you're feeling low only makes things harder than they should be. In this course, adapted from the podcast *How to Be Awesome at Your Job*, Anne Grady teaches methods to manage anxiety, build resilience, and stay positive. Anne goes over the parts of the brain and how they are impacted by mindfulness. She also takes a look at negativity bias, explaining why this powerful survival tool can deeply color your experience and memories. Plus, Anne provides a few helpful tips to help you get your brain back online after a stressful event, discusses how mindfulness training puts you in control of your focus, and more.





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### Six Morning Habits of High Performers 23(m)

Learn the six habits of the most successful people in history. Hal Elrod describes how they changed his life—and how they can change yours,



too—in this course adapted from the podcast *How to Be Awesome at Your Job*. Elrod is one of the highest rated keynote speakers in America, creator of one of the fastest growing and most engaged online communities in existence, and author of one of the bestselling books in the world, *The Miracle Morning*. Here he describes approaches for silence that generate new ideas, explains how NOT to do affirmations, and reveals the impact of tiny amounts of exercise. Plus, learn how to do simple practices, like reading and scribing, to introspect and become a better version of yourself.



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### **Setting Your Financial Goals 1(h) 7(m)**

Looking for a guide to the basics of money management and savings? Look no further! Author and CPA Ken Boyd helps you understand the basic principles of money management—financial planning, budgeting, managing debt, and investing—so that you can create a financial action plan that best suits your life stage and tolerance for risk.







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### **Be More Productive: Take Small Steps, Have Big Goals 27(m)**

Want to be more productive? Researchers tell us it's the small stuff that leads to big changes over time. Learn how to develop a productivity regimen using time-tested strategies for making incremental but powerful changes: goal setting, habit formation, and honest self-assessment. This course brings together lessons from influencers like NBA champion Shane Battier and productivity expert Gretchen Rubin, who offer proven strategies for foundational behavioral change. Unlock your productivity with these tips and tricks for taking the small steps that lead to big transformations.

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### 2-Minute Tips for Senior Leaders 27(m)

Learn great tactics and techniques from top business leaders with these short, engaging, stand-alone tips. Get useful advice and ideas that you can apply to your work today, everything from becoming better at networking, handling interruptions, correcting a bad first impression, and getting to "yes" on an initiative you've proposed. You'll also learn how best to prepare when coaching poor performers, how to set a good foundation for conflict resolution, and other techniques for effective communication within an organization.



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### Adaptive Leadership for VUCA Challenges 32(m)

When it comes to challenges occurring in a volatile, uncertain, complex, and ambiguous (VUCA) business environment, organizations that learn and adapt have a huge competitive advantage.

Leaders need to adjust as well—often making a big shift because their



role can be process and rule oriented. In this course, learn how to apply systems thinking to an organizational structure and discover a new model of leadership, the VMCL framework (vision, mission, capacity, learning). Derek Cabrera shares how to leverage the framework to become more responsive and successful in a rapid and changing world.