



March 2021 Course Highlights

Top 10 Course Highlights ~ LIL (LinkedIn Learning) & Niche Academy



Complete one of the courses below to earn a **Top 10 Badge** on your EduBrite profile.



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In case you missed it! Introducing Niche Academy Courses –



Niche Academy is an **open-source** online learning platform made specifically for libraries. The platform gives over 1200 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: Addressing the Homeless Issues

Approximately 25(m).

A course by Ryan Dowd. Homeless patrons present a poignant set of challenges for libraries. They frequently present a set of needs, for example, that the library is not well suited to address: serious mental illness, addiction, chronic physical health challenges... Also, the presence of obviously homeless people in the library can alienate the families and the more affluent patrons that libraries rely on for funding support. Enroll in this Niche Academy course today to learn more!





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Niche: Niche Academy Webinar – Dismantling Institutional Racism

Approximately **35(m) + optional Q&A.**

One of the major barriers to dismantling institutional racism is a lack of effective vocabulary, analysis, and principles. Libraries have the potential to be at the forefront of efforts to dismantle racism in our country.

Tobin Miller Shearer, PhD, provides an introduction to training on field-tested and research-based concepts that address both issues of institutional racism in organizations and in the communities with which you connect and serve. There are no quick-fixes for dismantling institutional racism, which requires dialogue and on-going efforts, so a portion of the webinar is dedicated to starting that dialogue and addressing hard questions.



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Niche: Niche Academy Webinar Adult Learning in the Library

Approx. 1(h) In this free one-hour webinar, Jessica Curtis will cover the basics of adult learning theory and demonstrate how it can be used to improve library programs, classes, and services to the public.



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More and more libraries are interacting with adult customers in an instructive capacity. They're providing help with digital devices, offering software classes, and teaching people how to use databases, just to name a few examples.

The adult learner has specific needs and interests that greatly influence how they both view and benefit from library classes, programs, and passive instruction efforts. Jessica will draw from the very best available research on adult learning as well as her own extensive experience to present ideas you can use right away to enhance your own instruction.

Winding Down: Get a Better Night's Sleep

53(m) A good night's sleep is important not only for your health and well-being, but also for your personal and professional performance. This course is designed to help you get a better night's sleep, so that you can be your very best each day. First, learn how to practice using your breath to clear your mind, steady your thoughts, and stay present in the moment. Go through the steps of adding then releasing tension to each portion of your body to gain a deeper sense of relief and relaxation. Learn the process of being thankful for all of the good things that happened in your day. Find out how to reconnect with your current physical



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sensations and redirect them toward the way you actually want to experience your night and morning. In conclusion, explore how to get comfortable and give your body space to fully relax.

How to Set Boundaries and Protect Your Time



21(m) Productivity coach, author, and Emmy-winning producer Paula Rizzo shares powerful tips to help you set boundaries to protect and take control of your time. Some things sneak onto your to-do lists that make you unproductive, unhappy, and stressed. Paula helps you visualize how much different your life,



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including your productivity and happiness levels, could look if crucial time is protected. Paula highlights the need to identify where you'd most like to be spending your time and to learn how to track your time consistently. She teaches how to set clear rules for whenever you are making decisions about your time and schedule. Paula covers the power of no and how to say it with ease and grace. Once you say yes, it's important to stay accountable and set yourself up for success. In closing, Paula steps you through applying a strategy to set clear boundaries and stick to rules to get back your time and create a happier, more productive work and personal life.

How to Motivate Yourself to Do What's Most Important



17(m) You know you should be doing what's most important, yet oftentimes you don't. No more. Instructor Dorie Clark helps you to understand what's going on and fight back so you can accomplish what you want and need to do. Dorie helps you get in touch with why you want to accomplish something and what's behind your procrastination. She teaches strategies to reframe your thinking, so that tasks you don't want to do feel more manageable. She shows ways you can work up enough momentum to break out of your rut. Dorie emphasizes the importance of mapping out your time and how you can allocate it in advance. She covers how to enlist others' support and how to



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take that difficult first step. There are multiple smart strategies to get motivated, and Dorie helps you to find the one that works best for you. She concludes with tips on preventing burnout.

How to Support Colleagues From Underrepresented Groups



33(m) In this course, author and ally Maxie McCoy shares practical advice for uplifting and supporting marginalized colleagues, especially women. First, Maxie explores how four ways of being generous to your connections yields generosity back, as well as how a scarcity mindset can keep you from supporting others. Maxie then discusses recognizing your own privilege and using it in support of marginalized colleagues. She teaches you that by focusing on what you can uniquely offer, you're able to provide meaningful support, versus overpromising and underdelivering. She lists the three Rs of meaningful support: ritualized, repeatable, and regular interactions. Maxie concludes with a small but impactful challenge that should inspire you to offer support based on where you are now and what you have to give in the moment.



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Inclusive Mindset

55(m) Creating an inclusive environment is not a passive act. Rather, it is a skill that can be learned and improved upon with humility, bravery, and dedication. Inclusive communicators are better able to recruit, retain talent, navigate conflict, and develop buy-in in their work environment. In this course, learn about the importance of fostering an inclusive mindset in the workplace and how to implement beneficial changes in your organization. Examine the research about the critical roles that diversity and belonging play in business. Find out how to cultivate spaces that are safe by acknowledging common challenges that can come from privilege, mistakes, ignorance, or insensitivity. Discover how to promote allyship. Dereca Blackmon covers each of these areas to help you grow as an individual and to help you support others.

Productive Leadership Tips

24(m)

What does it mean to be a productive leader? In this course, instructor Dave Crenshaw takes on the topics of productivity and leadership, showing that they are deeply connected and demonstrating how to excel at both. Dave shares tips and techniques gleaned from his 20+ years of experience coaching



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and consulting leaders from around the world. He explains that leadership is about developing the best in others and creating other productive leaders. He shares strategies for prioritizing actions and results, training others to succeed, providing consistent, unwavering accountability, and more.



How to Be a Good Mentee Mentor

27(m) Mentorship can make a difference to anyone's career—mentees and mentors alike. While they're often thought of as being one-sided, these relationships can create value for both parties. Join speaker and author Emilie Aries as she answers your biggest questions around mentorship, so you can excel as a mentee or mentor. Explore the roles, expectations, and ways you can nurture and add value to the relationship, from establishing mutual goals to keeping in regular contact.