

Relationships keep us happier & healthier!

LinkedIn Learning



February 2023 LinkedIn Learning Challenge: Relationships Matter

UCOP Colleagues,

All relationships – familial, romantic, friendly, and professional – keep us happier and healthier. In fact, according to one Harvard study, people who are socially connected live longer than those who are not. Join UCOP Learning & Development in February’s learning challenge, Relationships Matter. The challenge runs from February 13 - 24. The calendar below includes selected LinkedIn Learning videos that can be completed in less than 5 minutes.



Pro Tip: Block off 10mins at the start of your day to complete the challenge video and reflect

Share this challenge with others on your team and build a community of support in completing the challenge! Happy Learning!

– UCOP Learning & Development

Monday	Tuesday	Wednesday	Thursday	Friday
Build Game Changing Rapport (3m)	Building Relationships at Work (2m)	Being Great at your Job: GIFT (2m)	Building Relationships (2m)	Listening in a Disarming Way (4m)
Building Trust in Virtual Teams (3m)	Five Challenges of Collaboration (4m)	Five Benefits of Collaboration (3m)	Building Relationships (4m)	Embrace Diverse Personality Types (4m)