

Featured SDLearn On-Demand Courses

- **Adobe Photoshop Introduction:** Learn the basics of Adobe's premier photo editing program in this introductory course. (4 hrs, 13 mins)
- **Safety Awareness for New Employees:** Learn the most important safety issues for new employees in a range of environments. (31 mins)
- **Ergonomics for Your Desk Chair:** Move from sitting to standing and avoid physical complications in the office. (10 mins)
- **How to Tell if Your Work and Life are Out of Balance:** Avoid burnout and recognize the signs that your work and life are out of balance. (5 mins)
- **Empathy: The Key to Active Listening:** Learn to empathize with those around you by noticing their body language, voice tone, and words. (17 mins)



[Click here to get started with SDLearn.](#)

Upcoming Training Courses

Help Them Grow

- April 12, 9:00 a.m. – Noon CT, Country Inn & Suites, Sioux Falls

Civil Treatment Workplace for Leaders

- April 13, 8:00 a.m. – Noon CT, Becker-Hansen Room B15, Pierre
- April 19, 9:00 a.m. – 1:00 p.m. MT, Black Hill State University, Rapid City
- April 20, 1:00 – 5:00 p.m. CT, Holiday Inn Express, Sioux Falls
- April 21, 8:00 a.m. – Noon CT, Holiday Inn Express, Sioux Falls
- May 4, 1:00 – 5:00 p.m. CT, SD Highway Patrol District Office, Aberdeen

Having Hard Conversations (Supervisors)

- May 9, 9:00 a.m. – Noon CT, Country Inn & Suites, Sioux Falls

The Challenge of Change

- May 9, 1:00 – 4:00 p.m. CT, Country Inn & Suites, Sioux Falls

16 Personalities (Supervisors)

- May 10, 9:00 a.m. – Noon CT, Becker-Hansen Room B15, Pierre

Interview and Selection (Supervisors)

- May 10, 1:00 – 3:00 p.m. CT, Becker-Hansen Room B15, Pierre

Communicating Expectations: 4 Tendencies (Supervisors)

- May 10, 9:00 a.m. – Noon CT, Country Inn & Suites, Sioux Falls

[Click here to view a complete list on the BHR website.](#)

The Training & Development Digest

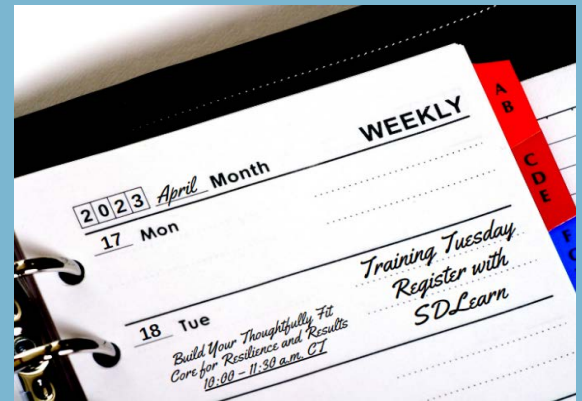
April 2023

Discover the Thoughtfully Fit® Model

Join us April 18 at 10:00 a.m. CT for a special presentation where Master Certified Coach and motivational speaker Darcy Luoma will discuss change, uncertainty, relationship conflicts, and blindsides at work.

During this webinar, you will learn why the highest-performing leaders and teams train to clear these hurdles, so they have the resilience to get results, despite the obstacles.

[Click here for more information or to register.](#)



Administrative Professionals' Day

Administrative Professionals' Day is right around the corner! We are celebrating all the wonderful administrative professionals with a pair of training and celebration days this April. Join us for one of two exciting and educational events!

This year's event will be headlined by entertainer and keynote speaker Tim Gabrielson. Tim's presentation is titled Lemons to Laughs, which focuses on minimizing negative events while taking more joy in the positive things that happen each day.

[Click here to learn more or register.](#)

