

# Enterprise Professional Development Department



One-hour interactive sessions that **Educate, Empower, and Equip** DHA personnel for career development.

2023

## Schedule



All sessions begin at 11:00 AM ET.

Sessions with an asterisk\* begin at 1:00 PM ET.

**Registration:**

<https://info.health.mil/edu/MTFDIV/EPD/Pages/SBT.aspx>

\*Registration closes one day prior to each session

<b>JANUARY</b>
*12: Team Building
19: Resiliency in the Workplace
26: Delegating Effectively
<b>FEBRUARY</b>
*9: Professional Etiquette I: Professional Self
16: Resiliency I: Gratitude and Mindfulness: Being Present
23: Change Management I: Trading Conflict for Collaboration
<b>MARCH</b>
*2: Professional Etiquette II: Professional Culture
16: Resiliency II: Reframe and Balance Your Thinking
23: Change Management II: Leading People Through Change
<b>APRIL</b>
*6: Professional Etiquette III: Professional Communication
20: Resiliency III: Leveraging Your Strengths and Celebrate Good News
27: Designing Effective Presentations
<b>MAY</b>
*11: Professional Etiquette IV: Professional Writing
18: Resiliency IV: Value-Based Goals and Physical Resilience
25: Leading Virtually
<b>JUNE</b>
*8: Plan of Action & Milestones (POA&M)
15: Coaching in the Workplace
29: Team Building
<b>JULY</b>
*13: Delegating Effectively
20: Resiliency in the Workplace
27: Designing Effective Presentations
<b>AUGUST</b>
*10: Professional Etiquette I: Professional Self
17: Resiliency I: Gratitude and Mindfulness: Being Present
31: Plan of Action & Milestones (POA&M)
<b>SEPTEMBER</b>
*14: Professional Etiquette II: Professional Culture
21: Resiliency II: Reframe and Balance Your Thinking
28: Change Management I: Trading Conflict for Collaboration
<b>OCTOBER</b>
*12: Professional Etiquette III: Professional Communication
19: Resiliency III: Leveraging Your Strengths and Celebrate Good News
26: Change Management II: Leading People Through Change
<b>NOVEMBER</b>
*9: Professional Etiquette IV: Professional Writing
16: Resiliency IV: Value-Based Goals and Physical Resilience
<b>DECEMBER</b>
*7: Coaching in the Workplace
14: Leading Virtually

For questions or requests for custom sessions, contact us at:  
[dha.ncr.education-trng.mbx.elb-customer-satisfaction@health.mil](mailto:dha.ncr.education-trng.mbx.elb-customer-satisfaction@health.mil)