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1. One of this month's most popular sessions at NC State: Confronting Bias: Thriving Across Our Differences.

2. One of this month's most popular sessions in the US: The Six Morning Habits of High Performers.

3. July is Minority Mental Health Awareness month. Check out the session titled Three Steps to Mental Well Being at Work.

4. This month's session for learning outside of work: Learning Digital Painting.

UHR Learning & Organizational Development