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UHR Learning & Organizational Development

1. One of this month's most popular sessions at NC State: Improving Your Listening Skills.

2. One of this month's most popular sessions in the US: Building Better Digital Habits for Focus and Well-Being.

3. Did you set New Year’s Resolutions? Check out this video: Creating Behavioral Change That Lasts.

4. This month’s session for learning outside of work: Creating a Bullet Journal-Style Notebook.