

**FREE**  
**PROFESSIONAL**  
**DEVELOPMENT TRAINING**



## **EMPIRE KNOWLEDGEBANK (EKB) ONLINE LEARNING**

### **Spotlight On: Individual Professional Performance**

Individual Professional Performance topics available through EKB include:

- ☒ **Embracing Change at Work**
- ☒ **Taking Effective and Professional Notes**
- ☒ **Unleashing Personal and Team Creativity**
- ☒ **Accomplishing Goals with Perseverance and Resilience**
- ☒ **How to Get Out of Your Own Way and Achieve Success**
- ☒ **Improving Your Memory Skills**

**For further information contact  
NYS/UUP JLMC**

**Email:**  
nysuuplmc@oer.ny.gov

**Phone:**  
(518) 486-4666

**Mail:**  
2 Empire State Plaza 8th Floor  
Albany, NY 12223



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