



Welcome to Fridays with the Flock!

J f H a Re ce f a a d e ea a dbe d
 If d e e e e ca acce **he e** Ha F da

Reframing Negative Emotions

I ec fMe a Hea A a e e M e e a a cef *Clearer*
Thinking ec ce f c g e ef a g Read f e f a d f
 e f a a d e a e e a d c e a

What New Managers Need to Know

W a e a f a e a a e a e W e e e a
 a e e a cef *Forbes* **h ee h g**

