



THRIVE@UF

Program Guide

Use this guide to determine which courses must be taken to complete the certificate. You must take all nine (9) Required Courses and any combination of five (5) Electives. Courses can be completed in any order.

Visit <http://hr.ufl.edu/learn-grow/professional-development/thrive-uf/> for more information, or contact our office at (352) 392-4626 or training@ufl.edu.

Relationship Dynamics	Effective Communication	Productivity & Performance	Improvement Mindset
Required	Required	Required	Required
<input type="checkbox"/> Conversations for a Culture of Inclusion <input type="checkbox"/> Developing your Emotional Intelligence for Workplace Effectiveness <input type="checkbox"/> Transforming Conflict	<input type="checkbox"/> Achieving Results <input type="checkbox"/> Avoid Multitasking -- Find Your Focus, Flow, and Finish Line	<input type="checkbox"/> Communication Confidence <input type="checkbox"/> Now Hear This	<input type="checkbox"/> Embracing the Growth Mindset <input type="checkbox"/> Take Charge of Change
Elective	Elective	Elective	Elective
<input type="checkbox"/> Hidden Biases <input type="checkbox"/> Quality Customer Service <input type="checkbox"/> Relationship Strategies <input type="checkbox"/> We've Got Your Number	<input type="checkbox"/> Decision-Making Strategies <input type="checkbox"/> Making Meetings Work <input type="checkbox"/> Project Management	<input type="checkbox"/> Communicate Assertively <input type="checkbox"/> Email Effectiveness <input type="checkbox"/> Grammar Game <input type="checkbox"/> Powerful Public Speaking <input type="checkbox"/> Power Writing <input type="checkbox"/> Punctuation Power	<input type="checkbox"/> Attitude/Radiating Possibility <input type="checkbox"/> UF101 <input type="checkbox"/> Wellness Wednesdays <input type="checkbox"/> 7 Habits