



## Welcome to Fridays with the Flock!

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

## Reframing Negative Emotions

I ec fMe a Hea A ae e M ee 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 de a ee a d c e a

## What New Managers Need to Know

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

