



HEART U™

# Take 5



**Busy schedule? Not much time for development? If you can find 5 minutes, you've got time for Take 5!**

**Each month Take 5 will feature 5 new articles, videos, blog posts, or audio programs highlighting topics such as leadership, personal productivity, diversity/inclusion, teamwork, etc.**

## **Featured Resources:**

**(Click the buttons below to launch the resources)**

**"Age is Not a Barrier to Success" - Blog Post**

**"The 2 Most Powerful Words for Reaching Your Goals" - Blog Post**

**"Start With Why" - Recommended Book**

**"How to Stay Relevant When Working Remotely" - Blog Post**

**"How to Conquer Your Email Inbox" - Podcast Episode**