

# December 2025 Training Highlight



## Hard Skill Highlight: Artificial Intelligence

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Podcast: Using AI at Work Episode 75: Using AI at Work to Activate Humans in the Workplace with Kristin Ginn ([Spotify](#) & [Apple](#))

Articles: [Kelvin Smith Library Research Guides: Artificial Intelligence](#)

Video: [Generative AI in a Nutshell - How to Survive and Thrive in the Age of AI | Henrik Kniberg](#)



## Soft Skill Highlight: Gratitude

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Podcast Episode: Huberman Lab Essentials: The Science of Gratitude & How to Build a Gratitude Practice ([Spotify](#) & [Apple](#))

Article: [UCLA Health: The Health Benefits of Gratitude](#)

Video: [What Happens When You Harness The Power of Gratitude | Shannon Shallcross | TEDxProvidence](#)

Case Western Reserve University's  
Professional Development Center

# Training Access Instructions

## Academic Impressions

- Login to your account at [Academic Impressions](#)
- Use your CWRU credentials (abc123 and password) to access member benefits
- Type in the name of the training you are interested in from the first page of this handout in the search bar
- Browse other Academic Impressions offerings by entering your desired area in the search box

## AllOne Health (formerly IMPACT Solutions)

- Visit [our website](#) for detailed information on AllOne Health, CWRU's Employee Assistance Program, and to learn how to create your account
- For any questions on AllOne Health, their services, or your eligibility, please contact [askhr@case.edu](mailto:askhr@case.edu)

## Professional Development Training

- Visit [our website](#) to view the training workshop calendar
- Once you locate the training workshop you would like to take, please click on the title of the training and register through CampusGroups
- For any questions regarding training, please contact [askhr@case.edu](mailto:askhr@case.edu)

