

Saber University

July Professional Development Highlig

July Brings Opportunity to Reflect and Recharge

July offers a natural moment to pause, reflect on progress, and recognize the meaningful work happening across our organization every day. As we move through the year, it is an opportunity to appreciate how each person's contributions help support our shared mission and strengthen the communities we serve.

Growth happens in many ways. It can come through learning something new, strengthening collaboration, sharing knowledge, or finding better ways to support one another. Every effort, large or small, plays a role in building a stronger workplace and creating lasting impact.

Saber University continues to provide flexible, on demand learning opportunities designed to support employees at every stage of their journey. With resources focused on professional development, leadership, and workplace success, learning remains accessible whenever it fits your schedule.

As you move through July, consider how continued learning and connection can support both personal growth and collective success. Small, consistent steps taken together can create meaningful progress over time.

July Saber University Focus

This month, Saber University is highlighting **Engagement**, **Ownership**, and **Team Momentum**, three key behaviors that help turn alignment into action. Discover simple ways to strengthen how you show up each day, support your team whether you are leading it or a part of it, and keep moving our mission forward.

👉 Visit www.SaberUniversity.com to explore this month's featured resources, quick reads, and learning opportunities.

Level Up Manager Academy

One Year of Growth

As we move into July, we're excited to recognize a program that continues to build strong leaders across our organization: the Level Up Manager Academy.

Now completing its first year, the program has seen great momentum, with growing participation across all regions. It's been rewarding to see so many leaders invest in their development and step confidently into management roles. We're looking forward to what the next year brings.

We will be hosting upcoming sessions in **Virginia August 10-14** and **Pennsylvania October 19-23**. Supervisors who are interested in participating should speak with their Administrator or email Ashley.Cox@saberhealth.com for more information.

About the Program

The Level Up Manager Academy is designed to give leaders the tools, confidence, and skills needed to succeed in management roles. It is offered twice a year in each state and is intended for newly hired managers with direct reports, while also being open to department heads who want to strengthen their leadership skills.

Thinking About Leadership?

If you're not currently a department head but have thought about stepping into leadership, especially if you've never supervised before, this program is a great place to start.

At our organization, we are committed to developing talent from within and giving team members the support they need to grow and succeed in any role.

"The moment you choose growth over comfort is the moment you stop managing and start leading."

Mark Your Calendars

for these exciting July Webinars & CEUs

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July

The Informed Admission: How Operators are Taking Control of Financial Risk at Move-In

• 12:00 PM

This webinar breaks down how some operators are getting ahead of financial surprises by really understanding a resident's financial picture before move-in. You'll hear practical insights on how they're asking better questions, planning ahead, and making more informed admissions decisions without complicating the family experience.

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Hack Your Boundaries: Small Tweaks, Big Well-Being

NAB CEs: 1.00 CE

• 1:00 PM

Discover practical boundary-setting strategies to reduce stress, protect your time, and support a healthier, more balanced life

🎓 Participants may earn 1 CEU through NAB

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July

Preparing for What's Next: A Guide to Innovation Readiness in Senior Living

• 1:00 PM

This webinar focuses on how senior living organizations are keeping up with rapid changes, especially when it comes to AI and new technology, without getting overwhelmed. You'll hear real-world examples of how leaders are taking practical, step-by-step approaches to modernize their operations, support their teams, and improve the resident experience.

Interested in upcoming webinars and CEU opportunities or want to catch up on past sessions at your own pace? Visit www.SaberUniversity.com

July On Demand Learning

Listen & Learn This Month

Looking for development on the go this July? Instead of focusing on leadership or communication, this month is all about work-life balance, wellbeing, focus, and sustainable productivity. Podcasts and recorded webinars are an easy way to build better habits and reset your routines while you're commuting, walking, or taking a break.

The Happiness Lab: How to Stop Work From Taking Over Your Life

Dr. Laurie and bestselling author Guy Winch

[Listen Now](#) ⌚ 46min

How I Manage My Time- The Weekly Productive Template To Achieve More

Cal Newport

[Listen Now](#) ⌚ 70min

Ten Percent Podcast: Boundaries, Feelings & Core emotions

Dan Harris and Brene Brown

[Listen Now](#) ⌚ 48min