

work effectively in teams, and engage with diverse populations in sensitive situations. By strengthening these skills, learners can enhance public safety, build credibility, and contribute to justice and community well-being.

AMA Microcourse Title	Duration (min)
Understanding Disruption and Preparing for Breakthrough Growth	20
AI Essentials: A Basic Understanding for All	25
Becoming a Strategic Thinker	20
Creative Thinking Techniques	18
Effective Problem Solving and Decision Making Tools	20
Key Components of Critical Thinking	20
Presenting Visually Compelling Data	15
Leading the PAC: Researching and Presenting Data	20
Creating a Work Breakdown Structure (WBS)	23
Utilizing Effective Risk-Response Strategies	20
AI: A Framework for Ethical Application	20
AMA's Legal Guide for Managers and Supervisors	30
Understanding and Applying Your Locus of Control at Work	20
Turning Resistance and Conflict into Collaboration and Consensus	22
AI: Upskill and Reskill	20
SEAL Approach to Building Organizational Agility	28
Enhancing Communication Skills	20
Recognizing and Navigating Unconscious Bias	20
Key Presentation Skills: Balancing Verbal and Non-Verbal Messages	20
Creating Boundaries and Balance	20
Applying Mindful Behaviors at Work	20
Developing Awareness that Leads to Emotional Regulation	20
Strategies for Managing Situational Conflict	20
Building and Maintaining Trust	20
Building Better Work Relationships	20
Building Your Strengths as a R.E.A.L. Team Player	23
Creating a Culture of Belonging	20
Enhancing Team Unity and Success	20
Resolving Conflict in the Workplace	20

	Next Steps: Browse the Work-Based Learning database & sign up for an opportunity. SENIORS: Save course certifications & complete the scholarship application.
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