Cross Training

The American Council on Exercise (ACE) defines cross training as “an exercise regimen that uses several modes of training to develop a specific component of fitness.” In other words, doing more than one type of exercise to reach your goals, and perhaps even to add a little excitement in your workout. That’s awesome—but what does that have to do with Continuity of Operations?!

Departments that cross train employees to be able to fulfill additional functions will undoubtedly reap the benefits (i.e. maintain critical functions) when an employee misses work, or even when there is a sudden departure. Plus, learning a new skill can spice up work responsibilities, and it doesn’t hurt your performance review and resume! Perhaps cross training on an area that you want to learn for a future promotion — it never hurts to ask!

See the following link for more information, and case studies on cross training: https://www.gfoa.org/materials/employee-cross-training-gfr

Good luck!