

Support employee well-being and healthier lifestyles with courses focused on physical, mental, and emotional health. Topics include stress management, work-life balance, nutrition, fitness, mental wellness, mindfulness, and healthy habits that help individuals improve overall well-being, resilience, and productivity.

Sample courses related to Health & Wellness

Full-Length Courses

- 7 Go-to Strategies to Tame Stress
- How to Read a Nutrition Label
- Dealing with Stress, Pressure, and Burnout
- Good Stress? Embracing Eustress to Improve Your Life
- Beating Burnout: Spot the Symptoms and Take Action
- Why Emotions Matter: An Introduction to Emotional Intelligence
- Mindfulness
- Mind Mapping for Wellness

Microlearning

- What is Digital Detox?
- Well-being and Productivity
- Understanding Emotions
- The Power of Self-Reflection
- The Importance of Sleep
- The Importance of Exercise
- The Importance of Good Work-Life Balance
- The Dangers of Sitting Down
- Stress, Fear, and Panic
- Taking Sleep Hygiene Seriously
- Social Connections
- Self-Limiting Beliefs
- Raising Low Self-Esteem
- Promoting Health & Wellbeing at Work
- Relaxation Through Meditation
- Learning to Stay Calm
- Kicking Bad Habits
- Introduction to Psychological Safety
- Eating Healthy
- Finding Your Purpose and Passion
- Finding Happiness Within Yourself
- Breathing Techniques to Relax
- Dealing with Stress
- Creative Expression and Well-Being