## video arts

# Learning Pathway

## Wellbeing



Module Introduction Module Introduction Wellbeing

E-Learning: Practical Wellbeing

### or Video:

- 1. Multi-Tasking
- 2. Targeted Acts of Kindness
- 3. Taking Care of Basic Needs
- 4. Get Physical

**Knowledge Check Practical Wellbeing** 

#### Start E-Learning:

**Emotions vs Evidence** 

### or Video:

- 1. Keep a Sense of Perspective
- 2. Put Yourself in their Shoes

## E-Learning:

Personal Wellbeing for Managers

- 1. Don't Spread the Anxiety Virus
- 2. Show Your Vulnerabilities
- 3. Transparency

E-Learning:

or Video:

**Getting Stuff Done** 

1. Don't Confuse Efforts

3. The First Hour of the Dav

with Results

'Feel Like It'

2. You Don't Have to

Scenario

4. Mind-Reading

**Knowledge Check** 

**Emotions vs Evidence** 

4. You Can't Force Fun

Knowledge Check

Personal Wellbeing

**Knowledge Check** 

**Gettina Stuff Done** 



for Managers



E-Learning:

**Planning** 

## E-Learning: Team Wellbeing for Managers

#### or Video:

- 1. Reward People Like Grown-Ups
- 2. Embrace Your Introverts and **Pessimists**
- 3. Entrust People with Big Responsibilities

**Knowledge Check** Team Wellbeing for Managers

## E-Learning:

**Workplace Wellness** 

#### or Video:

- 1. Creating a Period Positive Workplace
- 2. Creating an Open and Positive **Environment for Menopausal Staff**

Webinar Menopause Webinar

**Knowledge Check** 

**Workplace Wellness** 

Infographic Workplace





#### E-Learning:

Happiness Habits or Video:

- 1. Gratitude
- 2. The Power of Ritual
- 3. What's Your Legacy?
- 4. Keep Learning

**Knowledge Check Happiness Habits** 

E-Learning:

Infographic

Inside Your Head

Wellbeina

## or Video:

- 1. Celebrate Small **Accomplishments**
- Criticism and Failure 2. The Perils of Over-Planning
  - 3. The Bias Towards Action

Webinar Wellbeing Webinar

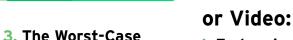
**Knowledge Check** 

**Planning** 

## or Video:

- 1. Don't Compare Your Insides to Other People's Outsides
- 2. Just Don't Think About It!
- 3. You Are Not Your Emotions
- 4. Get Everything Out of Your Head

**Knowledge Check** Inside Your Head



1. Embracing Failure

E-Learning:

- 2. Fire vour Inner Critic
- 3. Be Kind to Yourself

**Knowledge Check** Criticism and Failure