

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

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
4. You Can't Force Fun



Knowledge Check
Personal Wellbeing
for Managers

E-Learning:
Getting Stuff Done
or Video:

1. Don't Confuse Efforts with Results
2. You Don't Have to 'Feel Like It'
3. The First Hour of the Day

Knowledge Check
Getting Stuff Done

E-Learning:
Criticism and Failure
or Video:

1. Embracing Failure
2. Fire your Inner Critic
3. Be Kind to Yourself

Knowledge Check
Criticism and Failure

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:
Planning

or Video:

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

Webinar Wellbeing Webinar

Knowledge Check
Planning

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 Wellbeing



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

Infographic
Wellbeing

E-Learning:
Inside Your Head

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

