



Work to Wellness 2023 eLearning courses

eLearning option: Stress

Road to Resilience: Practical Strategies for Life's Challenges

60-minute E-Learning

Resilience is a learnt skill which can be applied immediately to better manage reactions to crisis situations; as well as it can be cultivated over the long term for a healthier, more robust approach to the demands of daily living.

This 60-minute e-learning program provides key learnings powered by self-assessments to allow for an immersive and meaningful development of practical resilience skills. Participants learn to apply strategies to build short, medium, and long-term resilience building skills.

At the end of this e-learning participants will:

- Understand what resilience is
- Leverage feedback from multiple self-assessment surveys to understand their current resilience levels, mental state, and locus of control
- Apply quick strategies to immediately boost resilience
- Apply strategies which require a bit more effort, for a strong foundation in resilience
- Incorporate and practice habits to cultivate long term resilience



Work to Wellness 2023 Virtual Seminar Calendar



eLearning option: Mental Stamina

Building blocks for positive mental health

This program is designed to help employees expand their awareness of mental health so they can maintain their own mental health and offer a bridge to support for co-workers experiencing a mental disorder or temporary mental health problem.

Modules:

Module 1 – What is good mental health?

Module 2 – Myths and realities of mental disorders

Module 3 – Reducing stigma

Module 4 – Exploring emotional intelligence

Module 5 – Resiliency and stress management

Module 6 – Assisting others and asking for help