LinkedIn Learning Course Sampling

Leading/Navigating Change

- Building Resilience (34min)
- Cultivating Mental Agility (37min)
- Leading at a Distance (36min)

Stress Management

- De-Stress: Meditation and Movement for Stress Management (36min)
- Happiness Tips Series (3hrs 31min)
- How to Manage Feeling Overwhelmed (43min)
- Managing Stress for Positive Change (57min)

Working From Home

- Leading Virtual Meetings (32min)
- Time Management: Working from Home (1hr 10min)
- Working Remotely (59min)

Diversity, Equity, and Inclusion

- Cultivating Cultural Competency & Inclusion (47min)
- Managing Multiple Generations (42min)
- Unconscious Bias (24min)