Thriving Through Change.

Discover new lessons every day which can be completed in around 5-10 minutes.

LinkedIn Learning

Monday	Tuesday	Wednesday	Thursday	Friday
The Reality of Change (1m) Change in Context (3m)	**Activity:** Take a moment to think through one change you're experiencing right now. Working Remotely from Home (3m 2s)	The Importance of Resilience (2m 52s) **Activity:** Think of one thing you're grateful for today.	Health and Wellness (2m 57s) **Activity:** Brainstorm one way you can invest in yourself this month.	Plan Meaningful Breaks (4m 43s) **Activity:** Block off 3 meaningful breaks in your calendar for next week.
Successful Remote Meetings (3m 30s) Building Rapport with Remote Employees (3m 26s)	**Activity:** Take a few minutes to connect virtually with a colleague who you haven't seen face-to-face this month.	The Rhythm of Life: Breathe (4m 1s) **Activity:** Spend 1 minute: Breath in for 5, out for 5	Perfecting Eye Contact (3m 14s) Knowing Your Boundaries and Limitations (2m 51s)	The Power of Having Fun with Loved Ones (4m 30s)
Shifting the Stress Lens: Feel (4m 6s) 	**Activity:** Consider one adjustment you've made as a result of this month's challenge, or one you'd like to make.	The Platinum Rule of Friendship (2m 20s) Building Community Resilience (52s)	How to Respond to Quick Questions (4m 33s)	**Reflection:** What were your biggest takeaways from the Thriving Through Change challenge?