

Employee wellbeing

# Create a work-life balance that works for you.

Learn how to foster a healthy work-life balance with these essential skills for prioritizing mental well-being, managing stress, and cultivating compassion and purpose.



# Implementing this Learner Challenge



Learner Challenges are a great way to get your whole organization involved in learning.

With the resources in this toolkit, you can get started in a few simple steps:



Familiarize yourself with the learning calendar on [page 3](#)



Follow our recommended comms plan for your challenge on [page 4](#)



Learn how to get your whole organization involved on [page 8](#)

# Learner calendar

The calendar in your download pack maps out a detailed learning journey for your team. It includes bite-sized courses that take between 5 and 10 minutes to complete, helping your team find the time for learning.


Include this in your kickoff email to your learners on the first day of your challenge, so they can track their journey as they go.

[Download calendar](#)



Create a work-life balance that works for you.

Learn how to maintain a healthy work-life balance with these essential strategies for staying focused, motivated, and fulfilled. Don't worry if you miss a day — you can always catch up tomorrow.



LinkedIn Learning

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Day 1 <a href="#">How is your well-being?</a> (4m 09s)</p>	<p>Day 2 <a href="#">Nourish your personal life</a> (2m 58s)</p>	<p>Day 3 <a href="#">Focus on what feeds your spark</a> (2m 48s)</p>	<p>Day 4 <a href="#">Gratitude and service</a> (3m 07s) <a href="#">Give yourself medals daily</a> (2m 20s)</p>	<p>Day 5 Question: How would you describe your own well-being?</p>
<p>Day 6 <a href="#">A connected tribe: Connection</a> (4m 54s) <a href="#">Creating a helpful self-image</a> (5m 31s)</p>	<p>Day 7 <a href="#">Using self-compassion to silence the inner critic</a> (2m 32s)</p>	<p>Day 8 Challenge: Choose one thing to do this weekend that'll create more balance in your life.</p>	<p>Day 9 <a href="#">Disconnect from work after hours</a> (2m 54s)</p>	<p>Day 10 <a href="#">Create your sleep sanctuary</a> (3m 36s)</p>
<p>Day 11 Pop quiz: What can you do to create a more peaceful sleep environment?</p>	<p>Day 12 <a href="#">Current state of affairs</a> (2m 35s)</p>	<p>Day 13 <a href="#">What is psychological safety?</a> (2m 34s)</p>	<p>Day 14 <a href="#">Changing conversations, part 1</a> (9m 50s)</p>	<p>Day 15 <a href="#">The stress mastery formula</a> (2m 24s)</p>
<p>Day 16 <a href="#">Choose happiness</a> (3m 52s)</p>	<p>Day 17 Pop quiz: How can you use stress for good?</p>	<p>Day 18 <a href="#">The feel-good factor</a> (2m 31s)</p>	<p>Day 19 <a href="#">Staying strong in mind and body</a> (3m 22s)</p>	<p>Day 20 Challenge: Choose one LinkedIn Learning course on wellbeing to explore next month.</p>



# Recommended comms plan for your challenge

Following this straightforward comms plan will help you keep your team informed at every step of your Learner Challenge.

With suggested messaging, and some practical tips and advice for creating engagement, this is all you need to launch a successful challenge.

You'll also find themed images and banners in your download pack to help promote your emails.



01

Choose a start date and send a launch email to your team.

Use the email template on [page 6](#) of this toolkit to help you get started.



02

Send a reminder.

Do this a few days into the challenge to catch anyone who missed the first email.

**For example:** If you haven't joined our "Create a work-life balance that works for you" learning challenge, don't worry. There's still plenty of time to get started.



# Recommended comms plan for your challenge



Promote your campaign on the learner homepage.

Learn how to do this on [page 7](#)



Get your whole organization involved.

Learn how to do this on [page 8](#)

Download promotional banners



03

## Prep for the final stretch.

Send a second reminder close to the end of the challenge so you can help spur your learners on.

**For example:** There's still time to get started with our latest learning challenge, **"Create a work-life balance that works for you"**. Check out the calendar I emailed on [\[date\]](#) and discover healthy habits that create balance in your life.

## Celebrate.

Send a positive wrap-up message to celebrate your team's effort.

04

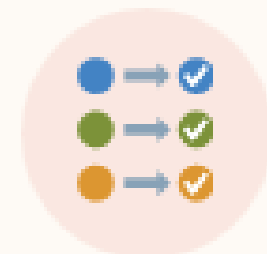
**For example:** Thank you for taking part in the **"Create a work-life balance that works for you"** learning challenge. Do you feel more energized? Keep using the strategies you picked up in this challenge to maintain your work-life balance and to stay focused and motivated.



# Launch email template

Use this email template to kick off your campaign and share the learning calendar with your team.

Download email banners



Subject line: Habits for a healthy work-life balance

## Create a work-life balance that works for you.



LinkedIn Learning

Hi team,

Achieving a work-life balance is not only important for our own wellbeing, but also for our performance at work. It allows us to be more focused, productive, and engaged, while reducing stress and burnout. To help us all form new healthy habits, I'm sharing an exciting Learning Challenge that will run from [\[start date\]](#) to [\[end date\]](#).

Attached you'll find a calendar of selected LinkedIn Learning videos that'll take about 5–10 minutes a day. I'll also send a reminder later in the month. If you have any questions in the meantime, feel free to reach out.

Happy learning!  
[\[Name\]](#)



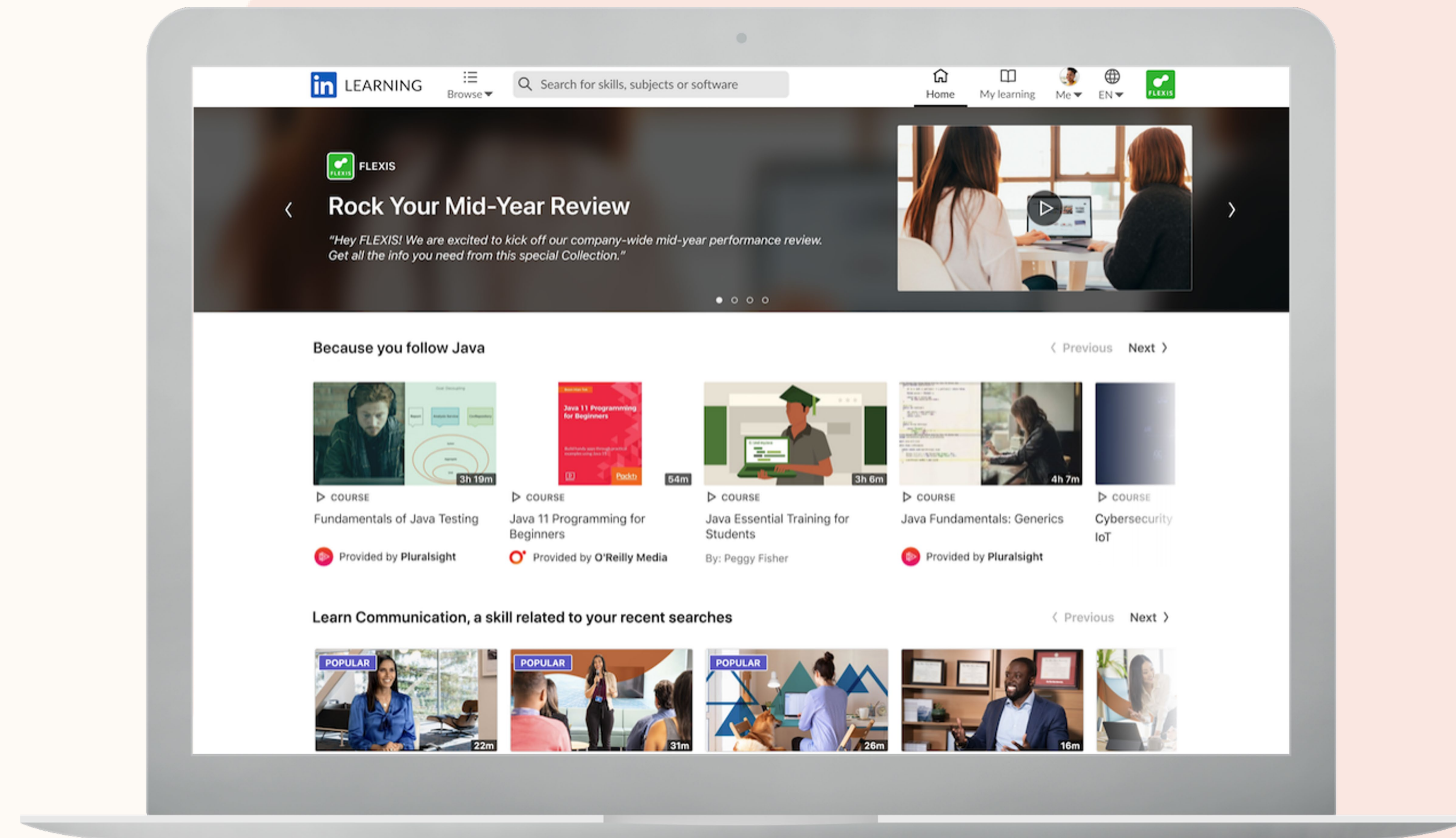
# Promoting your campaign on the homepage

With a [LinkedIn Learning Hub](#) account, you can promote Learner Challenges within your organization by creating a campaign that displays on the learner homepage.

The learner homepage banner is customizable, and you can add your company logo to ensure your campaign stands out to your learners.

Click below to watch a short video on setting up your own homepage campaign.

Watch now



# Tips and tricks to get more people involved in your L&D goals

LinkedIn data has shown that most team leads and executives are eager to support learning programs.

Here are a few ways to leverage executive influence to inspire employees to learn.



1.

**Have executives record a video or provide a one-sentence quote.**

Be motivational and inspirational to get your team excited about learning, rather than feeling pressured to participate.

2.

**Include reminders in organizational communications.**

Gentle reminders go a long way. Especially if you acknowledge your appreciation that your team is using their free time for learning.

3.

**Cultivate friendly competition.**

Make things competitive with goals and rewards for your top learners in order to motivate more people to get involved.

4.

**Encourage your learners and team leads to share their favorite courses.**

With so many courses available, it can be hard to know where to begin. Asking participants to share and discuss their favorite lessons is a great way to encourage conversation around the challenge and increase uptake.



# Thank you.

We hope you found this toolkit useful.

Don't forget to check out other Learner Challenges available on our website.

[View more Learner Challenges](#)