

Wellness

Cultivating Joy.

Learn to be happier every day.



Implementing this Learner Challenge.

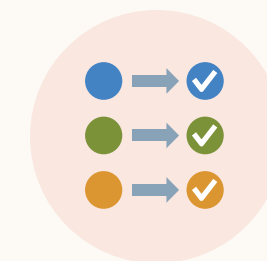


Learner Challenges are a great way to get your whole organization involved in learning.

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



Familiarize yourself with the learning calendar on [page 03](#)



Follow our recommended comms plan for your challenge on [page 04](#)



Get your whole organization involved on [page 08](#)

Learner calendar.

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

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

[Download calendar](#)



Cultivating Joy.

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



Monday	Tuesday	Wednesday	Thursday	Friday
Reflecting on What Brings You Joy (2m 9s)	The Feel Good Factor (2m 31s) Enjoy Yourself (2m 3s)	Recognizing Passions (2m 54s)	Ikigai: Your Reason for Living (3m 12s)	Activity: List three moments of joy from the past week
Being Present (3m 27s)	Activity: Take three minutes to tidy and declutter your workspace. How do you feel once you've done this?	Practice Empathy and Compassion (2m 47s)	Enjoy and Achieve, at Home and at Work (3m 49s)	Activity: List three moments of joy from the past week
Stress Spiral: Don't Overdo, Either Achieve or Enjoy (9m 43s)	Developing a Mindset of Wishing the Best for Others (2m 41s) Activity: Block off 5 minutes next week to send a note of gratitude or well wishes to a colleague	Balancing Personal Time for Yourself and Others (1m 58s)	The Science of a Great Day (4m 22s) Activity: List three moments of joy from the past week	Reflection: What were your biggest takeaways from the Cultivating Joy challenge?

Recommended comms plan for your challenge.

Follow this straightforward comms plan to guide your team 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 some themed images and banners in your download pack to add color to your emails and make them more eye-catching.



01

Choose a start date and send a launch email.

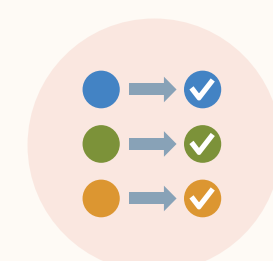
Use the email template on [page 06](#) of this toolkit to help you get started.

02

Send a reminder.

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

For example: “Happiness comes from within, but you can learn to manage the external factors that affect how happy you are. Check out the “Cultivating Joy” learning challenge I shared for links to some great lessons that can help.”



Recommended comms plan for your challenge.



Promote your campaign on the learner homepage.

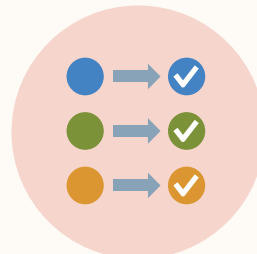
Find information about how to do this on [page 07](#).



Get your whole organization involved.

Find information about how to do this on [page 08](#).

[Download promotional banners](#)



03

Prep for the final stretch.

A second reminder close to the end of the challenge will help spur your learners on.

For example: “There’s still time to join in our Cultivating Joy challenge, and open the door to happiness in your daily life. Each section can be completed in 5-10 minutes, but if you’re busy, focus on the ones you think will benefit you most and get started any time.”

Celebrate.

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

04

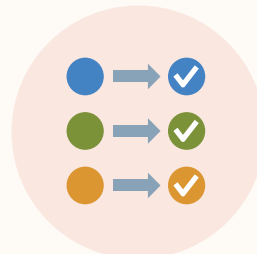
For example: “Congratulations for completing the Cultivating Joy challenge. I hope this challenge has given you some really positive and helpful advice to bring more joy to your day-to-day.”



Launch email template.

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

[Download email banners](#)



Cultivating Joy.



LinkedIn Learning

Hi Team,

Making the most out of the everyday is one of the most powerful ways to cultivate happiness.

That's why I'm excited to launch the "Cultivating Joy" challenge, running from **<start date>** to **<end date>**, to help bring more happiness into your day.

I've attached a calendar of selected LinkedIn Learning videos that can be completed in 5-10 minutes a day. These will help you:

- Learn how to build small moments into your day that bring happiness.
- Understand what happiness is and why it really matters.

I'll send a reminder later in the month, but it's worth starting early and staying on track. If you have any questions in the meantime, feel free to get in touch.

Happy learning!
<Name>

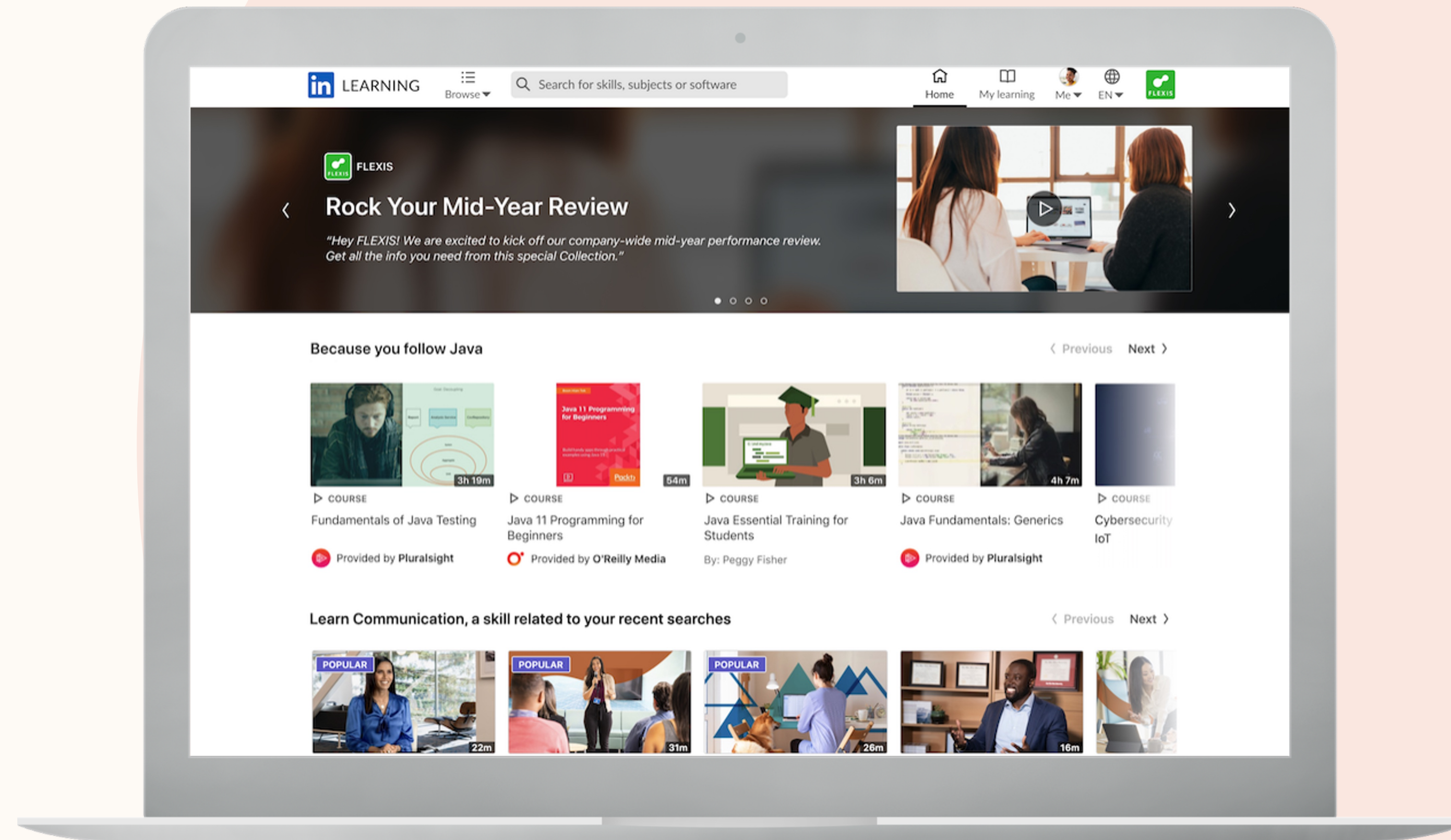
Promote your campaign on the homepage.

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.



01

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.

02

Include in organizational communications.

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

03

Cultivate friendly competition.

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

04

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.

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

[See more Learner Challenges](#)