

LinkedIn Learning



LinkedIn Learning isn't just about technical skills, there are several courses focused on wellness in the workplace.

Here are some of our favorites!

- [Being Indistractable](#)—Become indistractable. Learn how to increase focus, reduce distractions, and get things done.
- [Compassionate Directness](#)—Learn how to be more honest, kind, and direct communicator.
- [Confronting Bias: Thriving Across our Difference](#)—Continue your Thrive journey and discover how to interact with others across differences.
- [Creating the Conditions for Others to Thrive](#)—Discover how to go from coping and surviving to actually thriving.
- [Thriving @ Work: Leveraging the Connection between Well-being and Productivity](#)—Continue your Thrive journey!
- [Taking Charge of Technology for Maximum Productivity](#)—Learn how to become your most productive self by setting boundaries with your devices and technology.
- [Arianna Huffington's Thrive 01: Discovering Meditation and Sleep](#)
- [Arianna Huffington's Thrive 02: Learning How to Unplug and Recharge](#)
- [Arianna Huffington's Thrive 03: Setting Priorities and Letting Go](#)
- [Arianna Huffington's Thrive 04: Facing Challenges with Gratitude and Forgiveness](#)
- [Arianna Huffington's Thrive 05: Igniting Joy through Presence and Wonder](#)
- [Arianna Huffington's Thrive 06: Understanding the Link between Giving and Success](#)

Visit www.stancouty.com/personnel/linkedin.shtm to find a hyperlinked version of this list for easy viewing!

Always Be Learning.