

Lynda.com



Lynda 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/lynda to find a hyperlinked version of this list for easy viewing!

Always Be Learning.