

People appreciate when you show care and concern.

Returning to Work After a Loss:

In this course, we discuss how to meet the needs of your coworker while showing compassion and support to them during a difficult time.



Preparing for Pumping at Work:

The logistics for a nursing mother can be overwhelming, but not impossible. This program gives you insight and tips to make the process easier.

Understanding Stress and Burnout:

This course covers the difference between stress and burnout, what their causes are, and how to minimize stress and prevent burnout before it starts.

Opioid Addiction for Managers:

Many employers are reporting they feel a direct impact of prescription drug misuse in the workplace. This course will help you identify the warning signs.

Workplace Empathy

Many of us are dealing with issues in our personal lives that may affect our performance at work. These courses help us to empathize with our coworkers.

