

Human Resources Presents
 Self-development wellness learning opportunities
 Friday, October 14, 2022



SELF-DEVELOPMENT LEARNING OPTIONS BELOW

Suggested LinkedIn Learning Pathway for Wellness Courses

Click this link to sign-on. Once in, follow the curated Pathway.

[Supporting your well-being during times of change and uncertainty](#)

Suggested EAP/ESI Wellness Courses

Course Code	Course
SVL_073037	Health Essentials at Work: Avoiding Infectious Disease
SVL_1021558	Managing Feelings of Anxiety at Work
SVL_1021559	Managing Your Anxiety Disorder at Work
SVL_014433	Meditation
SVL_014367	Creating a Happy and Healthy Headspace: How to Reduce and Manage Stress
SVL_1020645	Fighting Fatigue
SVL_1020692	Your Guide to Guided Meditation
SVL_1020593	Expert Insights: Workplace Mental Health for Managers with Michael Wellington
SVL_1020601	Expert Insights: Workplace Mental Health with Michael Wellington

Accessing the EAP/ESI Training Center

Go to www.theEAP.com , click the Employee and Family login button, enter WP User Name and Password (or create login), click the "Training Center" icon, click the "New & Improved Trainings" icon, type a Course Code from the above list in the Search Content bar at the top of the screen, click on the course icon, click the PLAY or START button and begin the course, take the quiz at the end of the course, a score of 80% or more earns a certificate!