



*Metro*UNIVERSITY

August 2022 Top 10 Course Highlights



August 2022 | Metropolitan Library System | Learning & Development

Learning and Development's **Top 10** course highlights for the month of **August**. Earn a **Top 10 Badge** on your EduBrite profile by completing one of the below courses! Note: Time provided to complete a course is approximate.

Happy National Wellness Month!

The challenges of the past two years have reinforced the notion that support for well-being is no longer just a “nice-to-have.” According to [Paychex.com](https://www.paychex.com) over 60% of employees surveyed indicated well-being as a top priority when seeking employment. So in celebration of August’s National Wellness Month, we’re devoting this top 10 to some great courses available on wellness, stress management, and focusing on the positive.



1) Managing Burnout



What you'll learn:

36(m) For many professionals, remaining constantly connected and on task can feel like a requirement for success. Long hours and chronic exhaustion are normalized—if not celebrated—in many workplaces. A lack of boundaries between work and life can cause workers who previously felt fulfilled to feel resentful and unhappy. In this course, Melody Wilding teaches you how to spot the signs of burnout, complete an inventory to determine if you are burned out, and how to recognize the distinction between internal and external causes of burnout. Melody explains ways you can address behaviors, conditions, and mindsets that lead to burnout—including overworking, unproductive responses to stress, and negative thought patterns. Finally, she shows you how to craft a strategy to prevent burnout, focusing on creating more sustainable goals, setting boundaries, finding support, and understanding what self-care is and is not.

2) Managing Your Post-Pandemic, Anxiety-Triggered Brain



What you'll learn:

38(m) Everyone has had to deal, on some level, with changes in the way in which we live and work due to the Covid-19 pandemic. For many of us, navigating the new and ever-changing day-to-day challenges has been so consuming, it's difficult to take time to look at the bigger picture of how the pandemic has changed our overall state of being. In this course, Dr. Srin Pillay examines how this heightened level of anxiety has affected our brains, and what you can do to address it in a post-pandemic world. Learn how to identify maladaptive habits in managing anxiety, how to be more proactive by understanding how anxiety is impacting the brain differently, and how to prepare for change differently by first preparing to take different actions. If you're facing the stress of returning to an office, worried that you're burning out, or dealing with any other increase of anxiety, join Dr. Pillay in this course to learn how to not just survive, but thrive in a post-pandemic world.

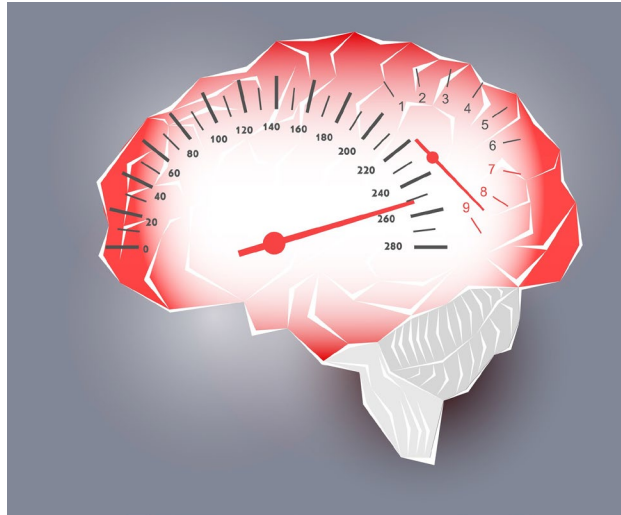
3) Managers as Multipliers of Well-Being



What you'll learn:

38(m) Most adults spend the bulk of their waking hours at work. Why not leverage that time to improve their health and well-being? In this course, instructor Laura Putnam covers the business case for well-being and the critical role that managers play in empowering employees to engage with their well-being. Laura points out that wellness increases team performance and explains how you, as a manager, hold a unique role in persuading your team to engage with wellness. She shows you how to monitor your own well-being and your team's. Laura also provides a template for every manager to create a positive multiplier effect for their team members.

4) How to Beat Burnout, Exhaustion, and Stress (Audio Only)



What you'll learn:

30(m) Burnout is often assumed to be the consequence of overwork. But this is only partially true—exhaustion is merely one facet of burnout. In this audio-only course, learn about the factors that cause these overwhelming feelings of exhaustion, cynicism, and inefficiency; how you can prevent burnout from happening; and what you can do to recover from it. Dr. Jacinta M. Jiménez breaks down the key mismatches that usually cause burnout, as well as how to use the PULSE framework to guide your recovery. She also shares a few easy habits to help you build resilience, how helping others can help you heal your mind, and how to beat negative thinking with curiosity.

5) Strategies for Working Parents



What you'll learn:

52(m) Parenting is not a role that allows for time off, so balancing parenting with a career presents unique challenges. In this course, Dr. Andrea Bonior explores ways to take care of your mental and physical health, as well as strategies for communication and time management, that center around the challenges of being a working parent. Andrea discusses how to embrace your identity as a working parent by identifying your values, labeling your strengths and challenges, and setting realistic expectations. She teaches ways to build appropriate boundaries through creating work and home buffers, improving communication, and embracing both flexibility and structure. Plus, Andrea covers practical strategies to manage your time and energy and nourish your own emotional wellness.

6) Resilience as a Path to Happiness at Work



What you'll learn:

49(m) Among the many consequences of the global pandemic was the physical and psychological toll it took on many of us. Many of the elements we depended on for happiness were suddenly unavailable. How can we recover what we lost in a world that looks very different from the pre-pandemic world? In this course, Gopi Kallayil, Chief Evangelist, Digital Transformation and Strategy at Google and author of *The Happy Human* and *The Internet to the Inner-net*, discusses resilience in a post-pandemic world. He relays his takes on how the pandemic disrupted your physical and mental well-being, how to check in with your holistic health, how to explore your resilience, and the importance of rest and recovery. He also addresses the anxiety you may feel about returning to work, and the importance of staying present. Join Gopi in this course to find your own path to happiness and learn how to take care of your most important asset: Yourself.

7) Three Steps to Mental Well Being at Work



What you'll learn:

54(m) As people transition back into the world and the workforce following the isolation of the COVID-19 pandemic, there's much uncertainty on the best ways to go about this. In this course, Dr. Jay Kumar, author of *The Science of a Happy Brain*, outlines three powerful steps that can guide you and your company to peace of mind and well-being, post-pandemic. Dr. Kumar uses the values of being ready, resilient, and reflective to deliver strategies that can help restore and rehumanize your own work life and your company's workforce. He explains the ways that your brain sabotages your mental health and well-being and offers strategies to nurture and retrain the brain to resilience. Dr. Kumar shares accessible ways to cope with stress and the daily pressures related to working virtually, and provides practices to maintain a sense of interdependence in the midst of our recent independent—and in some cases, isolated—lives.

8) Nano Tips for Finding Happiness Through Empathy



What you'll learn:

8(m) Happiness is a mindset that begins with empathy for yourself and others - and it is core to fulfillment and success. Join leadership strategist and award-winning peak performance educator Shadé Zahrai as she shares 10 nano tips for elevating your empathy to enhance relationships, foster psychological safety, and create a happy life and career. Shadé explains three types of empathy, offers simple techniques on how to navigate conflict, shares actionable tools to empower others and yourself, and more.

9) Well-being in the Workplace



What you'll learn:

23(m) When we're laser focused on productivity and achieving new milestones in our career, it can be easy to brush aside feelings of unhappiness. But our mental health matters. In this course, join Lianne Weaver, the founder and director of Beam Holistic Therapy and Beam Development & Training Ltd., as she shares practical techniques for alleviating anxiety, worry, stress, and other common mental health issues. Lianne discusses what causes worry and how can you reduce its effects, how to avoid burnout, how to increase happiness and gratitude to battle negative thoughts, and more. Upon wrapping up this course, you'll be ready to take steps towards feeling happier and healthier at work.

10) Niche: Addressing Secondary Trauma, Stress, Compassion, Fatigue, and Burnout



What you'll learn:

No time provided. Library work can be stressful. Low budgets and pay, high workloads, patrons with challenging behaviors, never-ending projects, and rapid technology changes all take their toll on employees.

Helping professions are prone to secondary trauma stress, compassion fatigue, and burnout. This workplace stress causes physical, emotional, social, and cognitive changes in staff and can result in poor service, absenteeism, and high turnover. As a director, finding ways to address workplace stress is good for your staff, library, and community.
