

| Topic | Courses |
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| Mental Health/Mindfulness | <u>Become More Mindful with Calm and Headspace</u> |
| | <u>Budget Mindfulness</u> |
| | <u>Cultivating a Growth Mindset</u> |
| | <u>Cultivating Mental Agility</u> |
| | <u>Emotional and Mental Preparation</u> |
| | <u>How to Use "The Guide to Mindful Methods"</u> |
| | <u>Increasing Positive Thoughts</u> |
| | <u>Listening Mindfully</u> |
| | <u>Managing Depression in the Workplace</u> |
| | <u>Mental Attitude when Job Hunting</u> |
| | <u>Mindful Communication</u> |
| | <u>Mindful leadership</u> |
| | <u>Mindfulness</u> |
| | <u>Mindfulness Benefits and Concerns</u> |
| | <u>Mindfulness Fundamentals: Overview</u> |
| | <u>Practicing Mindfulness: It's Not All About Meditation</u> |
| | <u>Savour Life through Mindfulness</u> |
| | <u>What is Mindfulness?</u> |
| Emotional Intelligence | <u>Appreciating Emotional Intelligence</u> |
| | <u>Cultivating Emotional Intelligence</u> |
| | <u>Developing Your Emotional Intelligence</u> |
| | <u>Emotional Intelligence</u> |
| | <u>Emotional Intelligence Success Habits</u> |
| | <u>Emotional Intelligence at Work</u> |
| | <u>Helping Your Organization Develop EQ</u> |
| | <u>Leading Someone with a Low EQ (emotional quotient)</u> |
| | <u>Leading with Emotional Intelligence</u> |

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| Emotional Intelligence | Leading with Emotional Intelligence (2013) |
| | Overview of EQ |
| | Practice Emotional Intelligence |
| | The Brain Science of EQ |
| | The Five Elements of Emotional Intelligence |
| | Understanding Personal EQ |
| | Using Emotional Intelligence to Maximize Success |
| | What is Emotional Intelligence? |
| Managing Stress | Avoiding Burnout |
| | Building Resilience through Stress Management |
| | Managing Stress |
| | Managing Stress and Avoiding Burnout |
| | Managing Stress for Positive Change |
| | Mobile Strategies for Managing Stress |
| | Reduce Stress |
| | Tips for Dealing with Pressure at Work |
| | Understand the Impact of Stress |
| | Your Brain on Stress |