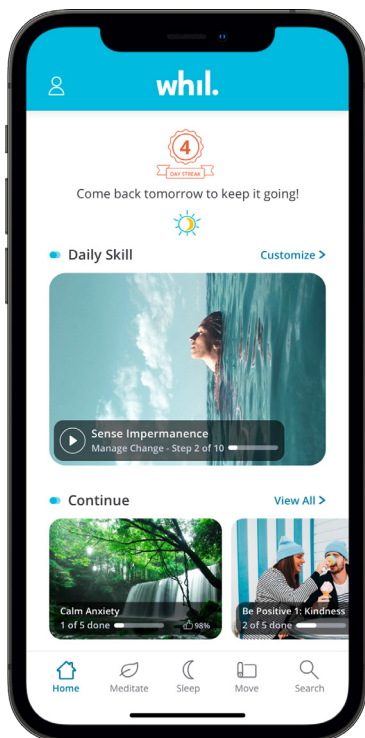


Rally Around Your People



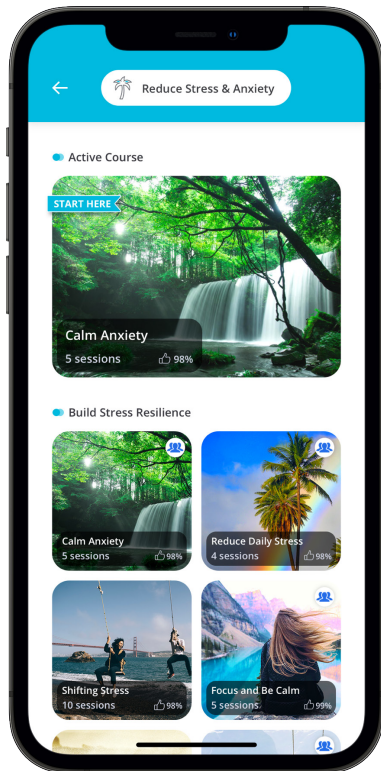
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Personalized daily skills to meet employee needs.
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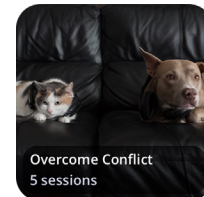
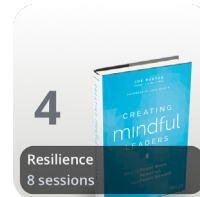


Example courses include:

Personal



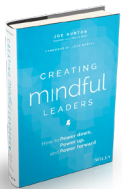
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Parenting



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Mona Potter, MD
Medical Director
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Jeffrey Durmer, MD, PhD
CMO, Nox Health
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Michelle Maldonado, JD
Trainer, Search Inside Yourself
Emotional Intelligence



Anil Dindigal
VP, Salesforce
Sales



Linda Curtis
Trainer / Former VP, Visa
Financial Services



Rudy Wolf
Director of Safety, PG&E
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Tara Cousineau, PhD
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 Reduce Stress & Anxiety	 Sleep Better
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Professional Performance

 Build Emotional Intelligence	<p>For Leaders, Supervisors and Employee Champions</p>  Create a Culture of Wellbeing NEW	
 Improve Relationships		 Support Diversity, Equity & Inclusion NEW
 Develop a Growth Mindset		 Authors and Certifications Series NEW
 Manage Career Stress		
 Boost Physical Health		

Parenting (including content for children with developmental disabilities)

 Mental Health - Parenting Skills NEW	 Practice Mindfulness With Your Child NEW
 Increase Awareness of Self & Others	 Build Daily Living Skills
 Caring for Yourself	 Develop Communication Skills
 Establish Autonomy	 Develop Motor Skills
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With an 85 Net Promoter Score, our award-winning solutions address your company's biggest stressors and health cost-drivers.



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370+ Mini-Courses



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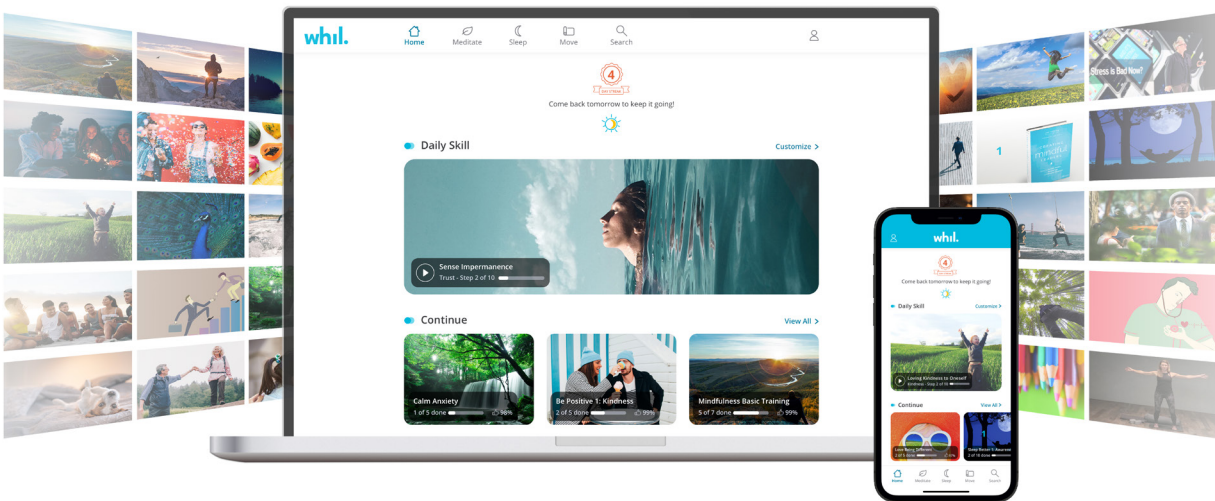
Consult
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The Leader in Personal, Professional and Parenting Support



“



"Whil is like having five wellbeing and performance solutions in one. **There's nothing else like it.**"

- Josh Bersin, Founder of Bersin by Deloitte

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