

## ONLINE TRAINING OPPORTUNITY



Hi everyone,

As a follow-up to last week's collaboration with our Bizlibrary Client Manager, a new online video playlist debuts. This series is a continuation - aimed to reach out and provide additional resources to assist in keeping employees healthy, happy, and productive.

The following lessons are included in the video playlist:

- Find your Focus When Times are Tough
- Finding your Focus When there is Too Much Noise
- Six Tips to Achieve Work-Life Balance
- Change Survival Toolkit
- Managing Stress and Anxiety

How to Access: [Log in to the LMS](#) and under Team Playlists you will see the thumbnail "Mental Wellness" comprised of the five video lessons listed above.