



Learn About Coping and Productivity

A Wellness Program Packed with Coping
and Productivity Skills and Tools

Coping and Productivity Program

CLI has developed an easy-to-launch workshop series for frontline workers. The program consists of three unique modules pairing self-learning downloadable web-based “missions” paired with three 60-minute Zoom sessions:



Discover why you are not alone-and assess your needs



Learn to be a wellness champion, (even during COVID-19!)



Planning for Successful Coping and Productivity



CLI
learning quest
VIRTUAL TRAINING EXPERTS

Learning Outcomes

- Greater Self-Awareness and Mindfulness about Stress Levels
- Improved Stress Coping Skills
- New Capabilities for Balancing At-home Kids and Workload
- Appreciation for your Organization's Concern
- Goal: Results in Fewer Call-offs and Mental Health Days

Mission 1 Overview



Before the session participants will receive a welcome letter and information about the Quest.

1. Learn about the universal experience of COVID-19
2. Learn about the challenges and difficulties other people face
3. Learn about how COVID-19 is a temporary and historic pandemic
4. Assess your stress levels and coping ability
5. Set goals to overcome obstacles and build hope

*This session includes a **Learning Journal** to review learning content and record personal thoughts*

Mission 2 Overview

1. The crucial role you play and a create a vision of yourself as a wellness champion
2. Learn fundamental coping and stress relief skills and techniques
3. Hear about how successful wellness champions are balancing home and work stress
4. Discover techniques to cope within the current climate of violence and unrest
5. Develop a list of those you support and generate ideas for managing them during COVID-19

This session includes a Learning Journal to review learning content and record personal thoughts



Mission 3 Overview

1. Review your goals to be a wellness champion
2. Celebrate little wins and learn to use gratitude as a stress reliever
3. Learn about resources available to combat stress
4. make an action plan to relieve stress
5. Make an action plan to build productivity at work

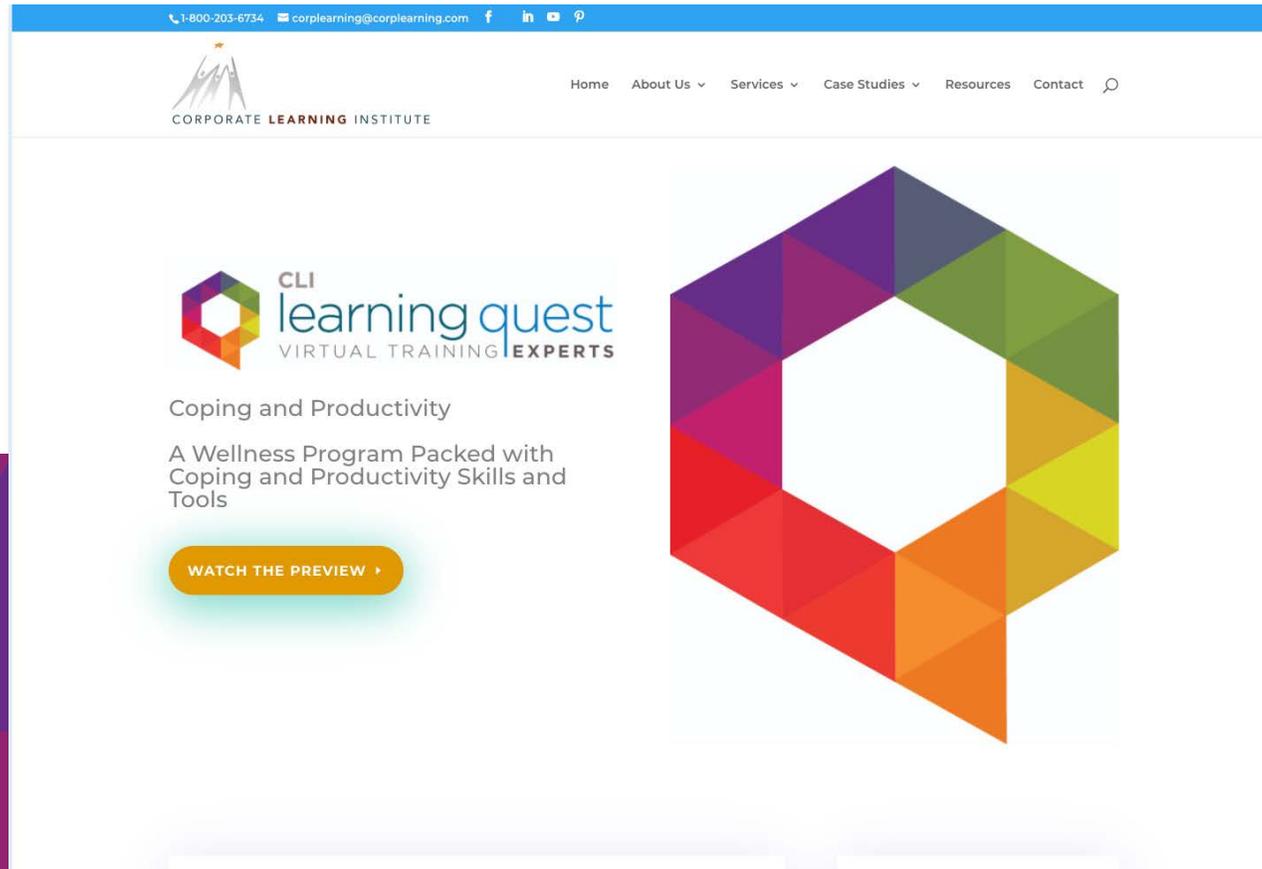
*This session includes a **Learning Journal** to review learning content and record personal thoughts. This final journal will include an extensive COVID-19 reading and resource list*



Program Learning Components

1. **Learning Journals** will be designed to recap each session and include tools, resources and journaling space. (Journal plus several short videos will be placed on CLI's learning quest site).
2. **ZOOM sessions** will be engaging, fun and collaborative.
3. You can add **learning teams** so that the same teams enter break out rooms and familiarize themselves with each other for extra support.
4. We can offer **multiple mission sessions** with fewer participants to improve collaboration as needed.
5. We will add a **60-minute supervisor coaching session** using Zoom to ensure managers know how to identify stressors and feel confident about referring employees to the appropriate resource.

Take a Look at the Web-Based Learning Site





Let us design your Learning
Quest!
Contact Susan Cain at
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