



# Learn About Coping and Productivity

A Wellness Program Packed with Coping  
and Productivity Skills and Tools



# Improve Engagement

We created the Coping and Productivity Program to help employees maintain optimal engagement.

The program is completely customizable and offers a starting-point for you to create the right messages, learning material and tools for your people.

# The Coping & Productivity Program

CLI has developed an easy-to-launch workshop series for contributors during the COVID-19 Pandemic. The program can be offered on our Learning Quest Platform with Zoom calls or yours. Three engaging modules pair with self-learning downloadable learning missions. Downloadable workbooks, learning journals and job aids help learner's.

## Mission 1

See the pandemic as an opportunity to overcome challenges and complete a coping self-assessment.

## Mission 2

Learn to be a wellness champion and discover and improve the essential coping skills needed to thrive during change.

## Mission 3

Adapt useful productivity skills and tools and create a plan to ensure success.



CLI  
learning quest  
VIRTUAL TRAINING EXPERTS

# Learning Outcomes and Goals

- Adopt a new way of seeing the hidden opportunities brought on by the COVID-29 Pandemic
- Take a coping assessment and improve self-awareness around current coping levels
- Learn new coping skills
- Learn new productivity skills and use new tools to increase productivity
- Create an action plan to assure results

# Mission 1: Learning Goals



1. Reframe the Pandemic as an opportunity to improve coping and productivity
2. Take our coping assessment and determine personal coping strengths and challenges
3. Learn how to leverage strengths and improve coping
4. Learn to apply insights to managing change
5. Apply: Review how coping skills have helped others overcome the challenges of change

# Mission 2: Learning Goals

1. Seeing 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 during the COVID-19 Pandemic
4. Practice and apply coping skills to reduce stress



# Mission 3: Learning Goals

1. Discover how to increase productivity levels
2. Learn about productivity skills
3. Learn about resources and tools your organization uses to increase productivity
4. Make an action plan to build coping skills and productivity at work

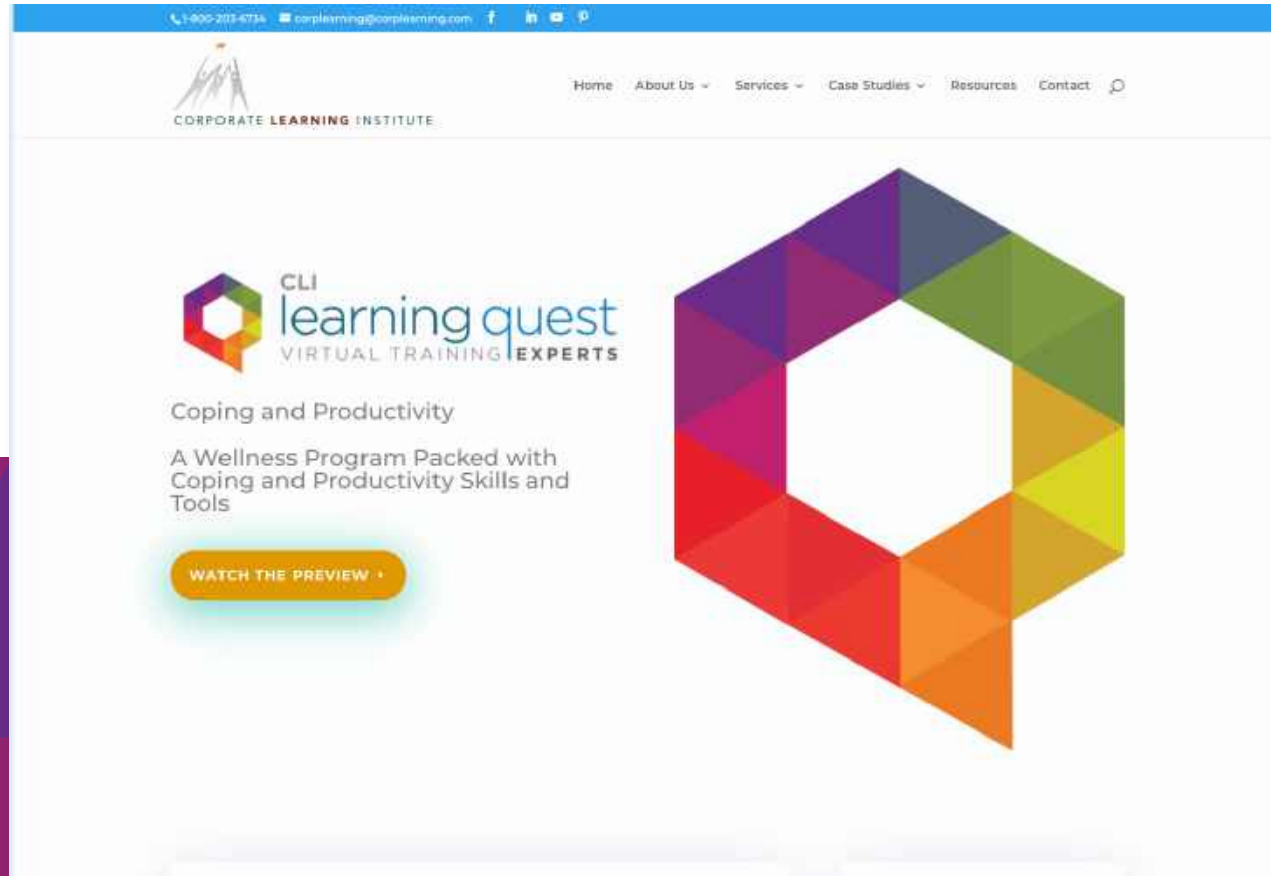


# Program Learning Components

1. **Your Coping and Productivity Learning Quest** site is customized and offers learner s one-click access to the course
2. **Learning material** is custom-designed to fit your needs
3. **ZOOM sessions compliment learning material** and be engaging, motivating and collaborative
4. **As an option the program is plug-and-play ready to launch!**



# Take a Look at the Web-Based Learning Site





Let us design your Learning  
Quest!  
Contact Dr. Susan Cain at  
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