

NEW HEROES MENU



Life Hacks

- > **Assertiveness** Stand up for yourself without unnecessarily hurting another.
- > **Setting boundaries** To here and no further!
- > **First step towards being assertive** Making a better impression.
- > **Putting things into perspective** I want to learn to keep undesired emotions under control.
- > **Tired of being a perfectionist?** For anyone who wants to learn how to make mistakes.
- > **Love junkie** For anyone who wants to be liked.
- > **Stop procrastinating now!** Don't delay, get started today.
- > **Control freak?** For anyone who wants to learn how to let go.
- > **Catastrophizing or...?** I want to have a more positive approach to life.
- > **Emotional intelligence** Because just being smart isn't enough.
- > **How do I really feel?** I want to be more aware of my feelings.
- > **Expressing your emotions** I want to be able to say how I feel.
- > **Empathy** What motivates another person?
- > **Mindfulness** The power of now.
- > **Meditation** I want to find calmness in the moment.
- > **Happy with yourself** Without judgment.
- > **The here and now** Being truly present.
- > **Stress** Learn about dealing with stress.
- > **Take action: Stress SOS** First aid for treating stress.
- > **Vitality and energy** I want to increase my energy levels and boost my passion for life.
- > **Managing your tension** Learn to relax and recognize stress.

Communication

- > **Communicating** Our communication skills could certainly be improved.
- > **Attentive listening** I want to improve my listening skills.
- > **Understanding others** I want to understand what other people mean.
- > **Open questions** I want to ask better questions.
- > **Preventing misunderstanding** I want to get better at observing, interpreting, and drawing conclusions.
- > **Speaking with your body** I want my body to speak the same language as my lips.
- > **Presenting with ease** I want to improve my presentation skills.
- > **Dealing with difficult people** How can I spend less energy dealing with difficult people?
- > **Giving feedback** There are constructive ways to give feedback.
- > **Receiving feedback** I want to learn how to benefit from feedback.
- > **Small talk** What am I going to talk about?
- > **Bad news** Delivering difficult messages with finesse.

Teams

- > **How do I build a team?** What makes my team tick?
- > **Team culture** I want my team to have a winning culture.

Management & Leadership

- > **Time management** I want to use my time more effectively.
- > **Me? A Manager?** Is management right for me?
- > **Result oriented management** I want results with my people.
- > **Difficult employees?** I want the antidote.
- > **Teamleadership** I want to lead my team to success.

Clear Thinking

- > **Creative thinking** I want to come up with creative solutions for everyday problems.
- > **Mind mapping** I want to learn how to structure information in a visual form.

Life & Career

- > **Archiving goals** On the road to success.
- > **My passion?** I'm rushing through life but have no idea where I'm heading!
- > **Would you hire yourself?** I want to learn how to apply for a job – and get it!

Commerce

- > **Consultative selling** I want to improve my sales skills.
- > **Ready, Set, Pitch!** I want to sell convincingly.

Diversity

- > **Invest in the relationship?** Do you want to learn more about how to deal with cultural differences?
- > **Diversity in emotions** Show or hide your emotions?
- > **Different cultures, different truths** Who is right?

Legend

- Three suitcases indicate to allow for approximately 120-480 minutes to complete the learning journey.
- Two suitcases indicate to allow for approximately 60-90 minutes to complete the learning journey.
- One suitcase indicates to allow for approximately 15 minutes to complete the learning journey.
- Includes inviting a 'supporter' to give you feedback and help you learn.

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