













































































# 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.
- > **A first step towards mindfulness**    
I want to be in the present moment.
- > **Stress**    
Learn about dealing with stress.
- > **Let's talk about stress**    
I've noticed you've been under pressure lately.
- > **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?
- > **Breaking bad news**    
How do I do that?
- > **Influencing**    
I want to learn to align my strategy with the person I'm dealing with.
- > **Courageous conversations**    
How do I say difficult things?
- > **Communicate in a crisis**    
I want to be able to tell someone the worst possible news.
- > **The power of a compliment**    
I want to learn how to praise myself and others







## Teams

- > **How do I build a team?**    
What makes my team tick?
- > **Team culture**    
I want my team to have a winning culture.
- > **Teamwork**    
I want my team to work better together.
- > **Team conflicts and all that jazz..**    
Mistakes you should avoid when putting together a team.







## 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.
- > **Stress-free management**    
Manage without getting in the way of yourself.





## 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.
- > **The art of failing**    
I want to overcome my fear of failure.









## 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?
- > **From allergy to quality**    
All about punctuality, politeness, and other cultural stereotypes.

## 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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