

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

- > **Achieving 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!
- > **My first job** 📅📅📅
I want to get my career off to a successful start.
- > **Living together** 📅
For or against?

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

- 📅📅📅📅 Duration time of 1 to 4 months.
- 📅📅 Duration time of 2 to 6 weeks.
- 📅 Duration time of 20 minutes.
- 📅 Includes inviting a 'supporter' to give you feedback and help you learn.

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