



Overview online courses New Heroes Academy

General

Getting started with New Heroes Academy

Boost your skill set, personally and professionally

Speed learning courses from New Heroes Academy

Gain insight into structure and learning principles

Coaching & psychology

Improve your behavior through reflection

Gain self-awareness and boost your personal growth

Four success factors in coaching

Find out if you're on the right track with your coachee

Applying successfully: The resume

Optimize your resume with these tips

Applying successfully : The interview

A successful interview starts with good preparation

Introduction to Leary's Rose

Discover how your behavior affects others

More about Leary's Rose

Resolve communication problems and reach your goal

What is it about?

In this speed learning course, you will learn how to work with New Heroes Academy.

This speed learning course gives you a look at how we structure our courses and the principles behind them.

In this speed learning course, you'll learn how to reflect – or how to do it even better.

In this speed learning course, you'll learn about four success factors in coaching that help you check whether your chosen coaching strategy is meaningful and effective.

In this speed learning course, you'll learn which essentials belong in a résumé and why it's so important to tailor yours to each specific job opening.

In this speed learning course, you'll learn what the key ingredients are for a successful job interview.

In this speed learning course, you get introduced to the first layer of the Leary Rose and learn how you can apply it.

In this speed learning course, you learn more about the second layer of the Leary Rose and how you can use it.

Deep link

https://my.newheroes.com/user/login?courseId=SLEN_SMN_v1

https://my.newheroes.com/user/login?courseId=SLEN_SLN_v1

https://my.newheroes.com/user/login?courseId=SLEN_LRI_v1

https://my.newheroes.com/user/login?courseId=SLEN_EFC_v1

https://my.newheroes.com/user/login?courseId=SLEN_SCC_v1

https://my.newheroes.com/user/login?courseId=SLEN_SSG_v1

https://my.newheroes.com/user/login?courseId=SLEN_RLB_v1

https://my.newheroes.com/user/login?courseId=SLEN_RLC_v1

Introduction to Rational Emotive Behavior Therapy

Change your feelings by first changing your thoughts

In this speed learning course, you learn the theoretical basis of Rational Emotive Therapy and discover how you can change your feelings and behavior by adjusting your thoughts.

https://my.newheroes.com/user/login?courseId=SLEN_RTD_v1

Applying Rational Emotive Behavior Therapy

Put things into perspective to better manage your emotions

In this speed learning course, you learn how thoughts influence your emotions and you start working with your thoughts.

https://my.newheroes.com/user/login?courseId=SLEN_RTR_v1

Responding differently to difficult behavior

Adjust your emotions instead of trying to change the other person

In this speed learning course, you learn that difficult behavior can be different for everyone, which behavior you find difficult, and which emotion it triggers for you, so you can deal better with people you find difficult.

https://my.newheroes.com/user/login?courseId=SLEN_ANA_v1

More effective coaching with the GROWmodel

Help others find and achieve their goals

In this speed learning course, you will learn the four steps of the GROW model and how it can help you coach better.

https://my.newheroes.com/user/login?courseId=SLEN_DGD_v1

Kick-start your new job

Practical tips and smart insights for your first weeks in a new workplace

In this speed learning course, you'll first reflect on your own expectations. Then you'll get tips to start strong and learn how to deal with all kinds of unique types of colleagues.

https://my.newheroes.com/user/login?courseId=SLEN_BVS_v1

Be the ideal colleague

Avoid beginner mistakes and build strong workplace relationships

In this speed learning course, you'll discover which beginner mistakes to avoid, get practical tips to connect more easily with others, and learn how to become the kind of colleague everyone enjoys working with.

https://my.newheroes.com/user/login?courseId=SLEN_BGC_v1

Step into your manager's shoes

Increase your chances of success by thinking like your manager

In this speed learning course, you step into your manager's shoes and learn to see things from their perspective.

https://my.newheroes.com/user/login?courseId=SLEN_BVL_v1

Earn what you're worth

Discover what drives you and learn how to ask for the salary you want

In this speed learning course, you'll explore what motivates you at work and get practical tips on how to ask for a raise—so you get what you truly deserve.

https://my.newheroes.com/user/login?courseId=SLEN_BVW_v1

What do I really want in my job?

Discover what matters to you and make conscious choices

In this speed learning course, you'll explore what truly matters to you—not only at work, but in every part of your life. This helps you make choices that fit who you are and bring you genuine happiness.

https://my.newheroes.com/user/login?courseId=SLEN_WWB_v1

What am I really good at?

Discover your talents and use your strengths at work

In this speed learning course, you'll explore what helps you grow in your job and what you're already great at—sometimes without even realizing it.

https://my.newheroes.com/user/login?courseId=SLEN_WKB_v1

Make powerful choices at work

Discover your values and take control of your career

In this speedlearning, you learn how to make strong choices that align with your values, so you can take control over your career yourself.

https://my.newheroes.com/user/login?courseId=SLEN_KKW_v1

Training: Ready for a new job (NIRPA accreditatie)

Smart tips and insights for a strong start in your role

In this training, you learn how to communicate better with colleagues, deal with work relationships, and go to work with confidence. You also learn how to negotiate your salary.

https://my.newheroes.com/user/login?courseId=TREN_STNB_v1

Go from dreams to results

Turn a meaningful choice into clear actions and take your first real step

In this speedlearning, you work step by step towards putting your powerful choice into practice. You discover what might hold you back and how you can still take action.

https://my.newheroes.com/user/login?courseId=SLEN_DNR_v1

Break the cycle of perfectionism

Discover how to feel lighter, work smarter, and let "good enough" be truly enough

In this speed learning course, you discover how perfectionistic thoughts influence how you feel and behave. You also learn how to look at those thoughts in a different way, so they have less control over you.

https://my.newheroes.com/user/login?courseId=SLEN_PG_v1

Training: Let go of perfectionism

Discover how your thoughts influence your behaviour and learn how to adjust them

In this training, you learn to recognise perfectionistic and limiting thoughts, understand how they influence your emotions and behaviour, and learn how to use principles from Rational Emotive Therapy to put these thoughts into perspective and change them into helpful, more realistic beliefs.

https://my.newheroes.com/user/login?courseId=TREN_PER_v1

Training: Ready for your new job

Smart tips and insights for a strong start in your role

In this training, you learn how to communicate better with colleagues, deal with work relationships, and go to work with confidence. You also learn how to negotiate your salary.

https://my.newheroes.com/user/login?courseId=TREN_STNB_v1

Communication & presentation

Active listening – The four levels of listening

Discover how to listen better and improve your interactions

In this speed learning course, you get introduced to the four main listening levels.

https://my.newheroes.com/user/login?courseId=SLEN_BLI_v1

Active listening - Attentive listening skills

Improve communication and interactions by addressing listening habits

In this speed learning course, you experience how conscious listening improves your communication and relationships.

https://my.newheroes.com/user/login?courseId=SLEN_BLL_v1

Active listening - Summarizing

Essential skills for effective communication

In this speed learning course, you learn the three goals of summarizing. You also get tips on how to do this well.

https://my.newheroes.com/user/login?courseId=SLEN_BLS_v1

Active listening - Asking follow-up questions

Deepen your conversations with effective questions

In this speed learning course, you learn that there are different types of questions. You learn how to ask better questions and why it is useful to ask follow-up questions.

https://my.newheroes.com/user/login?courseId=SLEN_BLD_v1

Storytelling essentials

Take these five steps to create a captivating story

In this speed learning course, you learn the Law of Storytelling, which helps you tell a story clearly in five steps.

https://my.newheroes.com/user/login?courseId=SLEN_STA_v1

Presenting - The structure

A good presentation has an introduction, body, and conclusion

In this speed learning course, you learn how to prepare your story for a presentation, talk or speech.

https://my.newheroes.com/user/login?courseId=SLEN_POP_v1

Presenting - Interacting with your audience

Effectively engaging with your audience and dealing with questions

In this speed learning course, you learn how to answer questions from your audience and how to ask questions yourself.

https://my.newheroes.com/user/login?courseId=SLEN_PIP_v1

Presenting - A speech for any occasion

Find the right words for every situation

In this speed learning course, you learn the guidelines for different types of speeches, such as celebrations, farewells or funerals. You also discover how to create a clear and fitting speech for any occasion using a few simple steps.

https://my.newheroes.com/user/login?courseId=SLEN_PTG_v1

Presenting - Dealing with the fear of public speaking

Present in a relaxing manner

In this speed learning course, you learn how speaking anxiety develops and how to recognize limiting thoughts and turn them into helpful ones. You'll also discover how conscious breathing gives you more calm and control before and during your presentation.

https://my.newheroes.com/user/login?courseId=SLEN_POSA_v1

Presenting - Facial expressions

Show what you are saying

In this speed learning course you learn how to use your facial expressions consciously and in a way that matches your message, so your emotions and expressions align and your presentation becomes more natural, convincing and lively.

https://my.newheroes.com/user/login?courseId=SLEN_PMW_v1

Presenting - Gestures

Create impact by using gestures

In this speed learning course, you learn how to make your presentation more powerful by using the right gestures.

https://my.newheroes.com/user/login?courseId=SLEN_PGG_v1

Presenting - Improvising

How to give a structured spontaneous speech

In this speed learning course, you'll learn how to stay calm when you're given the floor unexpectedly. You'll also discover simple tips to quickly create a short, clear structure for your spontaneous story.

https://my.newheroes.com/user/login?courseId=SLEN_PSSP_v1

Presenting - Pace and intonation

Create impact by using your voice

In this speed learning course, you learn how to use your pace of speech, intonation, and pauses on purpose, so you appear clearer, calmer, and more convincing during your presentation.

https://my.newheroes.com/user/login?courseId=SLEN_PJS_v1

Presenting - Posture

Use your posture to impress

In this speed learning course you learn which posture works best when you give a presentation. You also learn which gestures you can use to make your presentation more powerful.

https://my.newheroes.com/user/login?courseId=SLEN_PSS_v1

Presenting - Tools

Make more impact by using presenting tools

In this speed learning course, you'll learn which tools you can use to make your presentation more powerful.

https://my.newheroes.com/user/login?courseId=SLEN_PH_v1

Presenting - Your voice as a tool

Use volume in order to reach your audience

In this speed learning course you learn how to use your voice volume and breathing well, so you're easy to hear in every part of the room. You also learn how to add variation and present with more power and clarity.

https://my.newheroes.com/user/login?courseId=SLEN_PVI_v1

Presenting - Making eye contact

Connect with your audience

During this speed learning course you'll learn how to use calm and intentional eye contact to build a strong connection with your audience, stay in control during your presentation, and deliver your message with more impact.

https://my.newheroes.com/user/login?courseId=SLEN_POM_v1

How to give feedback

The four essentials of effective feedback

In this speed learning course, you learn the four steps of giving feedback and discover why objectivity is important.

https://my.newheroes.com/user/login?courseId=SLEN_FGE_v1

Giving feedback? Just do it!

Giving feedback can be tough. What's stopping you?

In this speed learning course, you discover why giving feedback can be difficult, you learn from others, you understand what you miss without feedback, and you know the value of feedback for you.

https://my.newheroes.com/user/login?courseId=SLEN_FGL_v1

Receiving feedback with ease

Understand and manage your reaction to feedback

In this speed learning course, you gain insight into the role of your feelings when receiving feedback and learn that your response to feedback depends on your thoughts and mindset.

https://my.newheroes.com/user/login?courseId=SLEN_OFR_v1

Appreciating feedback

Learn to approach feedback openly and truly grow from it

In this speed learning course you learn how to appreciate feedback. You practice your reactions to different scenarios and start applying them in your daily work.

https://my.newheroes.com/user/login?courseId=SLEN_FW_v1

Training: Feedback (NIRPA accreditatie)

How to benefit from giving and receiving feedback

Communication: Avoiding misunderstandings

Learn how observing and interpreting influence communication

In this speed learning course you will learn to go through the process from observation to behavior. Going through this process help in preventing misunderstandings in communication.

https://my.newheroes.com/user/login?courseId=SLEN_COW_v1

Communication: Body language

Discover the power of body language and learn how to use power poses

In this speed learning course you discover how powerful body language is. You also learn about different power poses.

https://my.newheroes.com/user/login?courseId=SLEN_COL_v1

Communication: What is communication?

Understand how you receive messages and communicate more effectively

In this speed learning course you learn the basic concepts of communication. You also discover why communicating well can be so challenging.

https://my.newheroes.com/user/login?courseId=SLEN_COC_v1

Communication: Clear communication

Discover how to prevent misunderstandings and make your message more powerful

In this speed learning course you discover why language is so powerful. You also learn how you can make sure you communicate clearly yourself.

https://my.newheroes.com/user/login?courseId=SLEN_COH_v1

Writing clear emails

With good preparation, you prevent miscommunication

In this speed learning course you learn how to prepare and structure emails in a smart way, so you get it right in one go.

https://my.newheroes.com/user/login?courseId=SLEN_HEM_v1

Create copy that persuades

Discover the three core principles of effective copy and the AIDA model

In this speed learning course you learn the three core principles of copywriting and a widely used model in copywriting (the AIDA model).

https://my.newheroes.com/user/login?courseId=SLEN_COA_v1

Training: Communicating (NIRPA accreditatie)

Improve your communication skills

In this training, you will learn to communicate effectively by preventing misunderstandings, becoming more aware of how you observe situations, and using the right conversation techniques and listening skills.

https://my.newheroes.com/user/login?courseId=TREN_COMM

Diversity & inclusion

Uncover your unconscious biases

Learn to break your fixed thinking patterns and be less quick to judge

In this speed learning course, you'll learn that we all have unconscious biases – and what you can do to break that pattern.

https://my.newheroes.com/user/login?courseId=SLEN_OVD_v1

Intercultural communication

Better interaction through greater understanding of other cultures

In this speed learning course, you'll learn that we all have unconscious biases – and what you can do to break that pattern.

https://my.newheroes.com/user/login?courseId=SLEN_ICB_v1

DEI: Diversity and inclusion explained

A practical guide for everyone in your organization

In this speed learning course, you'll learn what diversity, inclusion, and belonging mean – and how together they create an environment where everyone feels welcome.

https://my.newheroes.com/user/login?courseId=SLEN_DUI_v1

DEI: Inclusivity in recruitment and selection

Recognize bias and make your selection process truly inclusive

In this speed learning course, you'll learn what cultural sensitivity is and how to recognize and reduce bias. This way, you contribute to a more inclusive selection process.

https://my.newheroes.com/user/login?courseId=SLEN_DIW_v1

DEI: Inclusive communication

Recognize your assumptions and strengthen your communication with inclusive language

In this speed learning course, you'll learn how to listen without assumptions and how to strengthen your active listening skills.

https://my.newheroes.com/user/login?courseId=SLEN_ICB_v1

DEI: Generations in the workplace

Improve collaboration by recognizing generational differences in the workplace

In this speed learning course, you'll learn about the traits and work preferences of four generations: Baby Boomers, Gen X, Millennials, and Gen Z.

https://my.newheroes.com/user/login?courseId=SLEN_DIG_v1

DEI: Working with people who think differently

Create space for differences and encourage innovation in your team

In this speed learning course, you'll learn to recognize your own “Harry” – the innovative, non-conformist side of yourself – and how you can help others tap into that side too.

https://my.newheroes.com/user/login?courseId=SLEN_OAD_v1

Financial & administrative

Finance: Direct and indirect costs

How did it work again with these cost types?

In this speed learning course, you learn the difference between direct and indirect costs.

https://my.newheroes.com/user/login?courseId=SLEN_BHD_v1

Professional phone skills

Excel in customer-oriented phone calls

In this speed learning course, you learn how to handle phone calls effectively to create a better customer experience.

https://my.newheroes.com/user/login?courseId=SLEN_ZTK_v1

Finance: The basics of a profit and loss statement

Discover how the profit and loss statement provides insight into a company's financial health

In this speed learning course, you learn what a profit and loss statement is and how to read it. You also discover which three thinking errors you definitely want to avoid.

https://my.newheroes.com/user/login?courseId=SLEN_FWV_v1

Finance: Balance sheet vs Profit and Loss statement

Discover the difference between these financial statements

In this speed learning course, you discover the differences between a balance sheet and a profit and loss statement.

https://my.newheroes.com/user/login?courseId=SLEN_FBW_v1

ICT & digital SKILLS

Digital minute-taking

Smart techniques for efficient minute-taking

In this speed learning course, you'll explore different digital options for taking minutes and learn when to use each one. You'll also get handy tips for making smart use of Microsoft Word and keyboard shortcuts to take minutes more effectively.

https://my.newheroes.com/user/login?courseId=SLEN_DNT_v1

How to write great meeting minutes?

Clear and structured meeting minutes with these tips

In this speed learning course you learn five conditions that good meeting minutes should meet and see how well you are already doing with your own minutes.

https://my.newheroes.com/user/login?courseId=SLEN_NGG_v1

Taking meeting minutes: Choose the right reporting format

Explore different types of meeting reports

In this speed learning course you learn about four different reporting formats and assess which format is most suitable for your situation.

https://my.newheroes.com/user/login?courseId=SLEN_NJV_v1

Smart email management: Workflow

Improve your workflow with these helpful actions

In this speed learning course you learn how to use Outlook features to create an organized inbox.

https://my.newheroes.com/user/login?courseId=SLEN_SLE_v1

Smart email management: Overview

Keep your inbox organized and clear

In this speed learning course, you learn practical tips to organize your email, increase your productivity, and improve your communication.

https://my.newheroes.com/user/login?courseId=SLEN_EMA_v1

Digital safety and privacy: Privacy awareness

This is how you protect personal data – yours and your customers

In this speed learning course, you'll learn what privacy is, how to protect and share your personal data safely, and what the privacy paradox means.

https://my.newheroes.com/user/login?courseId=SLEN_DVP_v1

Digital safety and privacy: Staying safe online

Recognize and prevent digital attacks in your workplace

In this speed learning course, you'll learn how to recognize and prevent (digital) attacks such as phishing, vishing, and CEO fraud.

https://my.newheroes.com/user/login?courseId=SLEN_DW_v1

Digital safety and privacy: Data breaches

Reporting obligations and other do's and don'ts of data breaches

In this speed learning course, you'll learn what a data breach is, how to handle it, and how to avoid fines.

https://my.newheroes.com/user/login?courseId=SLEN_DVD_v1

PowerPoint: Presentations that make an impact

Use storytelling and smart design to engage your audience

In this speed learning course, you learn how to write powerful presentation stories and design visually appealing slides to engage your audience.

https://my.newheroes.com/user/login?courseId=SLEN_SPP_v1

PowerPoint: Dynamic presentations

Apply transitions and animations that support your story

In this speed learning course, you learn how to set slide transitions and apply animations to create a dynamic presentation that makes an impact.

https://my.newheroes.com/user/login?courseId=SLEN_DPP_v1

Powerpoint: Consistency in your presentation

Use the slide master to update all your slides at once

In this speed learning course, you learn in a simple way how to create professional PowerPoint slides with a consistent layout.

https://my.newheroes.com/user/login?courseId=SLEN_CPP_v1

Word: Smart collaboration

Edit together, give feedback, and improve documents faster

In this speed learning course, you learn how the Word collaboration feature Share works. This allows you to edit documents together and give feedback.

https://my.newheroes.com/user/login?courseId=SLEN_WOS_v1

Word: Create professional documents

Improve layout, structure, and visual clarity with ease

In this speed learning course, you work on formatting. You learn how to align text, format paragraphs, add charts and videos, and create a clear table of contents.

https://my.newheroes.com/user/login?courseId=SLEN_WOP_v1

Agile in 15 minutes

Respond quickly and flexibly to change in your work

In this speed learning course, you learn what agile is and how you can work in an agile way yourself.

https://my.newheroes.com/user/login?courseId=SLEN_AGI_v1

Scrum in 15 minutes

Work flexibly and efficiently in steps

In this speed learning course, you learn what Scrum is and what it means for the way you work.

https://my.newheroes.com/user/login?courseId=SLEN_SCR_v1

AI assessment: Working consciously with AI

How do you use AI in your work?

You may already use AI, or you may just be getting started.

This assessment shows how you use AI in your work. You gain insight into your knowledge, your way of working, and how consciously you deal with AI.

https://my.newheroes.com/user/login?courseId=SLEN_AIA_v1

What is Artificial Intelligence (AI)?

Discover what artificial intelligence is all about and what you can do with it

In this speed learning course, you learn what AI is. You also discover how you can use AI in your work and daily life.

https://my.newheroes.com/user/login?courseId=SLEN_AIW_v1

Writing prompts for AI

Get more out of your AI tools with clear and focused prompts

In this speed learning course, you discover the basics of prompting. You learn what a prompt is, how to write a good prompt, and why this is important if you want to work effectively with AI tools.

https://my.newheroes.com/user/login?courseId=SLEN_AIP_v1

What is generative AI?

Discover what AI can really do for you

In this speed learning course, you'll learn what generative AI is and how you can use it.

https://my.newheroes.com/user/login?courseId=SLEN_WGAI_v1

AI literacy

Learn how to use AI consciously and responsibly in your work

In this speed learning course, you'll learn what AI literacy is, why it matters, and what your role is in using AI responsibly.

https://my.newheroes.com/user/login?courseId=SLEN_AIG_v1

What AI does not show

Why AI often shows the same type of person – and how you can change that

In this speed learning course, you'll learn what bias in Artificial Intelligence (AI) is and how it develops. You'll also discover how to recognize bias and what you can do to reduce the risks.

https://my.newheroes.com/user/login?courseId=SLEN_WAIS_v1

The AI Act explained

From policy to awareness: how to prepare your organization for the AI Act

In this speed learning course, you'll discover what the AI Act is and what it means for your work and your organization. The AI Act is a new European law that sets rules for the use of Artificial Intelligence (AI).

https://my.newheroes.com/user/login?courseId=SLEN_AIV_v1

Using AI safely

How to prevent data leaks and mistakes with sensitive information

In this speed learning course, you'll experience the consequences of sharing data with AI.

https://my.newheroes.com/user/login?courseId=SLEN_VOAI_v1

Training: AI literacy

AI literacy is needed because AI is changing our society and the labor market

In this training, you learn what artificial intelligence (AI) can and cannot do, how to use AI responsibly and safely in your work, and what the new AI Act means for you. You develop the skills to work with AI consciously, critically, and with confidence.

https://my.newheroes.com/user/login?courseId=TREN_AI_v1

Management, Leadership & Collaboration

Influencing - Push and pull tactics

Discover how and when to apply these tactics

In this speed learning course, you get introduced to the different influencing strategies: going along and pushing back.

https://my.newheroes.com/user/login?courseId=SLEN_BIT_v1

Influencing - Three steps for building influence

Inspire others to align with you using the key 1-2-3 steps

In this speed learning course, you get introduced to the different strategies for influencing: going along and pushing back.

https://my.newheroes.com/user/login?courseId=SLEN_BIV_v1

Influencing - Push strategies (1)

Practice with complimenting, profiling and taking a stand

In this speed learning course, you learn how to push back effectively using the influencing skills: giving compliments, profiling yourself, and taking a clear stand.

https://my.newheroes.com/user/login?courseId=SLEN_BIP_v1

Influencing - Push strategies (2)

Practice with complimenting, profiling and taking a stand

In this speed learning course, you learn how to apply the influencing skill of arguing within pushing back, so you are better able to persuade others.

https://my.newheroes.com/user/login?courseId=SLEN_BIA_v1

Influencing - Pull strategies (1)

Practice with listening and engaging

In this speed learning course, you learn how to go along effectively using the influencing skills "listening, summarizing, asking follow-up questions" and "involving the other person," so you can use the other person's strengths.

https://my.newheroes.com/user/login?courseId=SLEN_BIB_v1

Influencing - Pull strategies (2)

Practice with inspiring and connecting

In this speed learning course, you learn how to apply the influencing skills "inspiring" and "connecting to the other person's interests."

https://my.newheroes.com/user/login?courseId=SLEN_BII_v1

Influencing - Switching between strategies

Identify your influence style and maximize your impact

In this speed learning course, you learn how to switch between the influencing strategies of going along and pushing back to achieve your goals, overcome resistance, and influence others successfully.

https://my.newheroes.com/user/login?courseId=SLEN_BIS_v1

Situational leadership - Leadership styles (1)

Explore the four leadership styles

In this speed learning course, you learn what the four leadership styles of situational leadership are.

https://my.newheroes.com/user/login?courseId=SLEN_SLV_v1

Situational leadership - Leadership styles (2)

Practice with the four leadership styles

In this speed learning course, you practice the four leadership styles of situational leadership.

https://my.newheroes.com/user/login?courseId=SLEN_SLO_v1

Understanding situational leadership

Discover your preferred leadership style

In this speed learning course, you learn what situational leadership is and discover your preferred leadership style as a manager.

https://my.newheroes.com/user/login?courseId=SLEN_SLW_v1

Situational leadership - Levels of development

Use the leadership style that matches your employee's needs

In this speed learning course, you learn about the different development levels of situational leadership and how to recognize them in your employees for more effective leadership.

https://my.newheroes.com/user/login?courseId=SLEN_SLL_v1

Training: Situational leadership

Choose the leadership style that fits you

In this speed learning course, you learn how to map your circle of influence. You experience how this way of thinking helps you in your role as a manager.

https://my.newheroes.com/user/login?courseId=SLEN_CIB_v1

The circle of involvement and influence

Focus on what you can influence and work toward your goals

In this speed learning course, you learn what intrinsic motivation is, why it matters, and how you can tap into it with your colleagues.

https://my.newheroes.com/user/login?courseId=SLEN_HEI_v1

Help your team members excel: Intrinsic motivation

What is intrinsic motivation and how do you activate it?

In this speed learning course, you'll learn about the five layers of the Lencioni pyramid and how to strengthen each one to build a strong and successful team.

https://my.newheroes.com/user/login?courseId=SL_BMP_v1

Leading with the Lencioni pyramid

The five layers of a strong and connected team

In this speed learning course, you learn how to switch smoothly between your five most important leadership roles. This helps you make the right impact in every situation.

https://my.newheroes.com/user/login?courseId=SLEN_LES_v1

Leadership: Switching between roles

Choose the leadership role that fits the situation

In this speed learning course, you learn how to analyze your team and set development goals. This helps you understand exactly what to focus on during a development conversation.

https://my.newheroes.com/user/login?courseId=SLEN_HET_v1

Help your team members excel: Team analysis

Analyzing your team and setting development goals

Belbin's team roles

Improve team efficiency with properly aligned roles

In this speed learning course, you learn how Belbin's team roles can help you bring out the best in your team.

https://my.newheroes.com/user/login?courseId=SLEN_LEB_v1

Help your team members excel: Keep up the good work

Stay connected through attention and feedback

In this speed learning course, you learn how to keep communication open with your employees. This helps you continue giving constructive feedback even after a development conversation.

https://my.newheroes.com/user/login?courseId=SLEN_HEC_v1

Leadership: Giving respectful feedback

Feedback based on nonviolent communication improves the relationship

In this speed learning course, you discover the essence of nonviolent communication. You also learn how to give feedback in a clear and empathetic way.

https://my.newheroes.com/user/login?courseId=SLEN_LFB_v1

Leading with feedforward

What went well, and how can my team perform even better?

In this speed learning course, you'll learn how to use feedforward to support each other and work better together. You'll also discover how to reflect on both successes and mistakes with your team.

https://my.newheroes.com/user/login?courseId=SLEN_LFF_v1

Leadership: Increasing team safety

Understanding and applying the SCARF model

In this speed learning course, you learn what the SCARF model is and how to apply it to increase trust, motivation, and engagement within your team.

https://my.newheroes.com/user/login?courseId=SLEN_LVE_v1

Leadership: Create safety in uncertainty

Learn how calm and not knowing help you lead your team with confidence in uncertain situations

In this speed learning course, you learn how to create calm and safety for yourself and your team, so that "not knowing" becomes something you can talk about.

https://my.newheroes.com/user/login?courseId=SLEN_LGV_v1

Successful change with Kotter

The eight steps for effective and sustainable organizational change

In this speed learning course, you learn what the change steps of Kotter's 8-step model are and how this helps you guide organizational change.

https://my.newheroes.com/user/login?courseId=SLEN_KOT_v1

Project management

A plan on paper is only valuable when it works in practice

In this speed learning course, you'll experience how a few smart steps can help you take control of any project – big or small.

https://my.newheroes.com/user/login?courseId=SLEN_PJM_v1

Project management: The Waterfall method

The five project phases according to the Waterfall method

In this speed learning course, you discover how the Waterfall method works. You learn which project phases you can follow step by step to keep your project on track and according to plan.

https://my.newheroes.com/user/login?courseId=SLEN_PRW_v1

Project management: The benefits and pitfalls

Discover the benefits and pitfalls of the Waterfall method

In this speed learning course, we take a deeper dive into the Waterfall method. Discover the five benefits of strong project management, and also the three pitfalls you definitely want to avoid.

https://my.newheroes.com/user/login?courseId=SLEN_PRV_v1

Project management: Roles within a team

Discover the roles within a project team and how to assign them effectively

In this speed learning course, you learn which roles you want to see in every project team. You also discover how to choose the right people for each role.

https://my.newheroes.com/user/login?courseId=SLEN_PRR_v1

Results-oriented management: A deal is a deal

Make agreements that really work

In this speed learning course, you learn what results-oriented agreements are and how to make them.

https://my.newheroes.com/user/login?courseId=SLEN_RMA_v1

Results-oriented management: Results-oriented dreaming

From dreams to realizing goals

In this speed learning course, you discover how to turn abstract goals into results-oriented agreements together with your employees.

https://my.newheroes.com/user/login?courseId=SLEN_RMD_v1

Results-oriented management: The ground rules

Agree on what you can expect from each other

In this speed learning course, you discover which ground rules can help you manage in a results-oriented way.

https://my.newheroes.com/user/login?courseId=SLEN_RMS_v1

Results-oriented management: The feedback ladder

Giving feedback that really resonates

In this speed learning course, you experience how the feedback ladder works and how to apply it as a manager.

https://my.newheroes.com/user/login?courseId=SLEN_RMF_v1

The power of engagement

Practical tips to strengthen motivation and engagement in your team

In this speed learning course, you learn how to use different types of engagement to increase motivation and performance among your employees.

https://my.newheroes.com/user/login?courseId=SLEN_KVB_v1

Training: Time management

Be the boss over your own time

If time pressure feels like a burden, only you can change that.

Gaining control over your time means gaining insight into your goals, your behavior, and your mindset.

https://my.newheroes.com/user/login?courseId=TREN_TMT_v1

Manage your own time

More focus and balance within our day

In this speed learning course, you'll learn to manage your time more consciously by understanding the PWT line and making choices that help you gain more focus and balance.

https://my.newheroes.com/user/login?courseId=SLEN_GOT_v1

From chaos to clarity

Calmness and clarity through smart organization

In this speed learning course, you'll learn how to bring more structure into your life and how to tidy up using the KonMari method.

https://my.newheroes.com/user/login?courseId=SLEN_CNO_v1

How to master procrastination

Tackle your procrastination with these 4 steps

In this speed learning course, you'll reflect on your procrastination and discover how to tackle it step by step.

https://my.newheroes.com/user/login?courseId=SLEN_UBW_v1

HRM: Building a strong HR file for underperformance

Follow the Work and Security Act and reduce legal risks

In this speed learning course, you learn how to build a proper file for an employee who is not performing well.

https://my.newheroes.com/user/login?courseId=SLEN_DOS_v1

HRM: Settlement agreements explained

Understand dismissal by mutual consent and avoid common pitfalls

In this speed learning course, you discover what a settlement agreement is, which elements must be included, and what to pay attention to when drafting or reviewing one.

https://my.newheroes.com/user/login?courseId=SLEN_VSO_v1

Training: Influencing skills

How to get people to follow your story

In this training, you will learn how you and others influence each other: what your natural style is, how you are influenced yourself, and which influencing strategies play a role.

https://my.newheroes.com/user/login?courseId=TREN_BEIV_v1

Appreciation can be learned

Discover how compliments and gratitude help you move forward

In this speed learning course, you discover how appreciation makes a difference. You learn what compliments, attention, and gratitude can trigger in yourself and in others.

https://my.newheroes.com/user/login?courseId=SLEN_WKL_v1

How to give and receive compliments

Discover how to give and receive appreciation

In this speed learning course you learn why giving compliments can sometimes feel uncomfortable, how you still do it anyway, and how to make sure your compliment really lands.

https://my.newheroes.com/user/login?courseId=SLEN_GOC_v1

Training: Personal leadership

Choose your own direction

In this training, you learn how to strengthen your leadership by gaining insight into who you are, what your qualities and strengths are, and how to use them consciously to lead yourself.

https://my.newheroes.com/user/login?courseId=TREN_PELE_v1

Stakeholder management in 8 steps

Effectively creating support by identifying stakeholders and influencing them strategically

In this speed learning course, you learn how to map your stakeholders, analyze their influence and attitude, and create a strategy that builds support and drives results.

https://my.newheroes.com/user/login?courseId=SLEN_SH_v1

Marketing & sales

How to give an elevator pitch

Convince in 30 seconds with an interesting presentation

In this speed learning course, you'll discover the Laws of Storytelling and learn to tell a great story in just five steps.

https://my.newheroes.com/user/login?courseId=SLEN_EPO_v1

Advisory conversations: The power of small talk

From a great opening line to a successful conversation

In this speed learning course, you'll learn why small talk is so important in a commercial consultation.

https://my.newheroes.com/user/login?courseId=SLEN_AGS_v1

Advisory conversations: Preparing well

Start your sales advisory conversation with confidence

In this speed learning course, you'll discover why good preparation is essential for a sales advice conversation.

https://my.newheroes.com/user/login?courseId=SLEN_AGC_v1

Advisory conversations: The power of asking questions

Learn how to ask the right questions to give the best advice

In this speed learning course, you'll learn the art of asking bold questions. you'll explore the SPIN model, come up with magical questions, and apply the LSD formula.

https://my.newheroes.com/user/login?courseId=SLEN_AGD_v1

Advisory conversations: Delivering advice that resonates

Choose the influencing style that suits both you and your customer

In this speed learning course, you'll learn how to give effective advice during advisory conversations and consultations.

https://my.newheroes.com/user/login?courseId=SLEN_AGA_v1

Advisory conversations: Turn a no into a yes

Flip your prospect's objections around using these techniques

In this speed learning course, you'll get tips and exercises on how to handle objections effectively during advisory conversations.

https://my.newheroes.com/user/login?courseId=SLEN_AGB_v1

The four levels of hospitality

From what you can expect to the highest level of hospitality

In this speed learning course, you learn how to use the four layers of hospitality and reflect on what kind of exceptional experience you create for your guests, colleagues, or customers.

https://my.newheroes.com/user/login?courseId=SLEN_VLG_v1

First impressions matter!

More impact with good preparation and a strong presence

In this speed learning course, you learn that your preparation, your appearance, and your body language influence the customer's first impression.

https://my.newheroes.com/user/login?courseId=SLEN_EIU_v1

Delivering an exceptional experience for your customers

Discover the four keys to exceptional experience

In this speed learning course, you learn the four keys to delivering an exceptional experience in hospitality.

https://my.newheroes.com/user/login?courseId=SLEN_WEG_v1

Dealing with difficult customers

Create happy customers with these effective strategies

In this speed learning course, you'll learn how to handle difficult customers and apply effective strategies to increase customer satisfaction.

https://my.newheroes.com/user/login?courseId=SLEN_OMT_v1

Negotiating successfully: Prepare yourself

Negotiate successfully through preparation, strategy, and confidence

In this speed learning course, you'll learn how to start bargaining: knowing your target, what you can do without, and where your boundaries lie. When you're prepared, your chances of success will increase dramatically.

https://my.newheroes.com/user/login?courseId=SLEN_NSP_v1

Negotiating successfully: Achieve results

Achieve effective results by negotiating strategically, respectfully and confidently

In this speed learning course you'll learn how to negotiate by applying a variety of tactics. Prepare, define your target, know when to walk away...

https://my.newheroes.com/user/login?courseId=SLEN_ORB_v1

Training: Commercieel adviseren

Bouw duurzame klantrelaties voor (verkoop)succes

Personal effectiveness

Fewer distractions, better focus

Discover effective ways to stay focused

In this speed learning course, you'll learn how to spot distractions, resist them, and find effective ways to improve your focus.

https://my.newheroes.com/user/login?courseId=SLEN_MAO_v1

Assertive skills - Develop assertive behavior

Discover effective ways to stay focused

In this speed learning course, you'll learn to express your opinions, make eye contact, and respond to situations you don't particularly like.

https://my.newheroes.com/user/login?courseId=SLEN_ASM_v1

Assertiveness skills - Levels of assertiveness

Assertive, sub-assertive, aggressive? Learn the difference

In this speed learning course, you will learn to distinguish between assertive, aggressive, and sub-assertive responses to enhance your assertiveness.

https://my.newheroes.com/user/login?courseId=SLEN_ASA_v1

Assertiveness skills - Practice asserting yourself

Practical exercises to respectfully say what you want

In this speed learning course, you will receive practical exercises to enhance your assertiveness.

https://my.newheroes.com/user/login?courseId=SLEN_ASP_v1

Assertiveness skills - Setting boundaries

Learn how to set your boundaries calmly and respectfully

In this speed learning course, you will learn to set boundaries more consciously and recognize and prevent rising tensions.

https://my.newheroes.com/user/login?courseId=SLEN_ASL_v1

Prioritizing with the Eisenhower model

Do it now or later? How to decide

In this speed learning course, you'll learn how to prioritize using the Eisenhower model.

https://my.newheroes.com/user/login?courseId=SLEN_EIP_v1

Plan like a pro

Organize your time better with effective planning

In this speed learning course, you'll learn how to plan more effectively, why multitasking doesn't work, and how to recognize and use your biorhythm.

https://my.newheroes.com/user/login?courseId=SLEN_MPO_v1

Boost your creative skills

Discover five creative skills and De Bono's six thinking hats

In this speed learning course, you'll learn five creative skills and discover how to enhance them with practical exercises.

https://my.newheroes.com/user/login?courseId=SLEN_VCO_v1

Stimulate your creative brain

Discover how chaos and mistakes can lead to creative insights

In this speed learning course, you'll learn why making mistakes is important for your creativity.

https://my.newheroes.com/user/login?courseId=SLEN_SCO_v1

Find your happy place

Exercises and tips to uncover what energizes you

In this speed learning course, you'll discover what you really want in your work and personal life, and what truly makes you happy.

https://my.newheroes.com/user/login?courseId=SLEN_OBO_v1

Understanding the Eisenhower model

How does this model work?

In this speed learning course, you'll discover how the Eisenhower model works.

https://my.newheroes.com/user/login?courseId=SLEN_EIH_v1

Personal leadership: Self-knowledge

Compare your self-image with how others see you

In this speedlearning, you discover how strong your self-knowledge is and explore the perspective of others.

https://my.newheroes.com/user/login?courseId=SLEN_PLK_v1

Personal leadership: Self-direction

Grow your circle of influence

In this speed learning course, you learn why proactive behavior is important for personal leadership. You learn about the circles of concern and influence and discover how you can grow your circle of influence.

https://my.newheroes.com/user/login?courseId=SLEN_PLI_v1

Personal leadership: Self-confidence

Turning limiting thoughts into helpful thoughts

In this speed learning course, you learn that limiting thoughts can get in the way of your self-confidence and, as a result, your personal leadership, and how you can deal with them.

https://my.newheroes.com/user/login?courseId=SLEN_PLV_v1

Personal leadership: Intuition

Listen to your gut feeling

In this speed learning course, you learn that intuition is one of the most important elements of personal leadership, how to recognize your intuition, and how to use it.

https://my.newheroes.com/user/login?courseId=SLEN_PLO_v1

Get SMART: Set clear and achievable goals

A well-formulated goal is more attainable

In this speed learning, you'll learn how to set a SMART goal.

https://my.newheroes.com/user/login?courseId=SLEN_SMA_v1

Achieving your goal: Motivational drivers

Discover your drivers and find out what you do it for

In this speed learning course, you discover what your drivers are and how they influence your goals.

https://my.newheroes.com/user/login?courseId=SLEN_DOD_v1

Achieving your goals: Motivation

Set realistic goals and stay focused

In this speed learning course, you discover how to motivate yourself and stay focused to achieve your goal.

https://my.newheroes.com/user/login?courseId=SLEN_DOM_v1

Mind mapping: your brain on paper

Quickly create overview with visuals and structure

In this speed learning course, you learn how to quickly create overview with mind mapping and brainstorm creatively. You discover how to remember information better by working visually and in a structured way.

https://my.newheroes.com/user/login?courseId=SLEN_MM_v1

Develop your creative brain

From fixed patterns to fresh ideas with the six talents of a creative thinker

In this speed learning course, you learn how to work on a creative mindset.

https://my.newheroes.com/user/login?courseId=SLEN_CBR_v1

Smart connections, creative thinking

From overview and empathy to new ideas

In this speed learning course, you discover how sympathy and empathy help you think creatively.

https://my.newheroes.com/user/login?courseId=SLEN_CSV_v1

Give your creativity space

Start creative thinking by looking, wondering, and asking questions

In this speed learning course, you discover how to take the first steps toward creative thinking.

https://my.newheroes.com/user/login?courseId=SLEN_CRU_v1

Creative thinking with all your senses

Use your eyes, ears, nose, tongue, and skin as tools for creative thinking

In this speed learning course, you discover why, as a creative thinker, you need all your senses.

https://my.newheroes.com/user/login?courseId=SLEN_CDZ_v1

Creative thinking in design and story

Learn how to create more impact with form and story

In this speed learning course, you learn why design and (good) stories are part of creative thinking.

https://my.newheroes.com/user/login?courseId=SLEN_CDV_v1

Solve your problems creatively

Keep it simple and start small

In this speedlearning, you will learn how to find creative solutions to a problem.

https://my.newheroes.com/user/login?courseId=SLEN_CPO_v1

Training: Creative thinking and innovation

Come up with creative solutions for everyday problems

In this training, you learn to think outside the box by approaching situations in a different way. You learn to look at things differently by discovering new possibilities.

https://my.newheroes.com/user/login?courseId=TREN_CRDI_v1

Focus on your brain for better concentration

Learn how to hold your attention longer with smart choices

In this speed learning course, you learn what it means to work with focus. You also get tips to help you concentrate better.

https://my.newheroes.com/user/login?courseId=SLEN_FBC_v1

Working smarter with the Pomodoro technique

Take intentional breaks and notice how you get more done with less effort in a day

In this speed learning course, you'll discover why multitasking is often less effective than you think.

https://my.newheroes.com/user/login?courseId=SLEN_WWP_v1

Lifestyle tips for optimal focus

Discover how nutrition, sleep, exercise, and rituals help your brain stay fit and focused

In this speed learning course, you discover which lifestyle factors influence your concentration. You also test your knowledge about lifestyle.

https://my.newheroes.com/user/login?courseId=SLEN_FOF_v1

Training: Lean, Agile and Scrum

Three ways to organize your work more efficiently

In this training, you learn how Lean, Agile, and Scrum help you organize your work in a smarter, more flexible, and more customer-focused way. You learn when you can use these ways of working and how they strengthen each other.

https://my.newheroes.com/user/login?courseId=TREN_LSA_v1

Lean in 15 minutes

Work smarter by reducing waste and simplifying processes

After this speedlearning, you know what Lean means. You can tell the difference between value and waste in your work, and you know how to make processes smarter and simpler.

https://my.newheroes.com/user/login?courseId=SLEN_LM_v1

The basics of emotional intelligence

Discover your success factors

In this speed learning course, you discover how emotional intelligence works and which success factors apply to you. You learn how to use them consciously to deal more effectively with yourself and the people around you.

https://my.newheroes.com/user/login?courseId=SLEN_BEI_v1

Listen to your body

Recognize what your body tells you when making choices and dealing with stress

In this speed learning course, you experience the role your body plays in stressful situations.

https://my.newheroes.com/user/login?courseId=SLEN_LNL_v1

Insight into yourself

Build self-awareness and become aware of what you think and feel

In this speed learning course, you learn to recognize your emotions better, notice signals from your body, and strengthen your self-awareness with simple exercises.

https://my.newheroes.com/user/login?courseId=SLEN_IJ_v1

Dealing with stressful situations

Relaxation and breathing as the key to self-control

In this speed learning course, you learn breathing exercises that help you deal better with stressful situations.

https://my.newheroes.com/user/login?courseId=SLEN_RHBG_v1

Recognizing emotions

Learn to read nonverbal signals

In this speedlearning, you learn what verbal, vocal, and visual communication are. You also learn how to better read non-verbal signals in others.

https://my.newheroes.com/user/login?courseId=SLEN_WZW_v1

How your environment influences your emotions

Learn to understand and how to respond

In this speed learning course, you learn how your environment can influence your emotions, what negative and positive emotions are, and how to respond best to the emotions of others.

https://my.newheroes.com/user/login?courseId=SLEN_GHG_v1

The power of empathy

Increase your impact by putting yourself in others' shoes

In this speed learning course, you learn how to show more empathy by putting yourself in someone else's place.

https://my.newheroes.com/user/login?courseId=SLEN_KE_v1

Training: Emotionele Intelligentie

Omdat slim zijn niet genoeg is

Critical thinking

Making conscious and well-considered choices through critical thinking and rational analysis

In this speed learning course, you'll experience how to dig deeper using the 5 W's – Who, What, Where, When, and Why.

https://my.newheroes.com/user/login?courseId=SLEN_KD_v1

Five tips for self-motivation

Motivating yourself is a skill you can learn

In this speed learning course, you learn how to increase your own motivation by applying five practical motivation techniques. This helps you complete tasks and projects at work and in your personal life with more focus, energy, and perseverance.

https://my.newheroes.com/user/login?courseId=SLEN_ML_v1

Get rid of negative thinking patterns!

Positive thinking is something you can learn

In this speed learning course, you learn how negative thinking patterns develop and what you can do to turn them into helpful thoughts.

https://my.newheroes.com/user/login?courseId=SLEN_WND_v1

Vitality

Breathe well

Better health and more energy through mindful breathing

In this speed learning course, you'll learn that proper breathing has a big impact on how you feel – and that you can actually do something about it.

https://my.newheroes.com/user/login?courseId=SLEN_KD_v1

Prevent screen fatigue when working from home

Create balance in your home workspace and stay fit behind your screen

In this speed learning course, you get tips to help you beat screen fatigue.

https://my.newheroes.com/user/login?courseId=SLEN_SMT_v1

Meditation: How it can benefit you

Discover the benefits of meditation with this short introduction

In this speed learning course, you learn what meditation is, what it can do for you, and you take the first step to start meditating yourself.

https://my.newheroes.com/user/login?courseId=SLEN_MJO_v1

What is mindfulness?

Discover the essence of conscious and mindful living in the present moment

In this speed learning course, you will learn what mindfulness is and try a simple exercise to practice it.

https://my.newheroes.com/user/login?courseId=SLEN_MFO_v1

Online aggression

Take measures to prevent online aggression

In this speed learning course, you learn what online aggression is, how to prevent it, and what you can do if things get out of hand.

https://my.newheroes.com/user/login?courseId=SLEN_OAS_v1

When aggression affects you

Recognize your natural reaction and discover what helps you deal with it

In this speed learning course, you learn how to recognize and control your natural reaction to aggression or boundary-crossing behavior. This helps you continue to act professionally, even in difficult situations.

<https://my.newheroes.com/user/login?courseId=>

Dealing with aggressive behavior

To report or not? How to choose what is right for you

In this speed learning course, you learn what you can do if you have experienced aggressive behavior.

https://my.newheroes.com/user/login?courseId=SLEN_AM_v1

What is transgressive behavior?

Is this behavior okay or not?

In this speed learning course, you learn how to recognize transgressive behavior, what power differences mean in relation to transgressive behavior, and where your own boundary lies.

https://my.newheroes.com/user/login?courseId=SLEN_GGH_v1

Transgressive behavior: Setting boundaries

Recognize and acknowledge personal boundaries

In this speed learning course, you learn how to set your own boundaries in the best way. You also learn how to recognize the boundaries of others and you practice giving advice in transgressive situations.

https://my.newheroes.com/user/login?courseId=SLEN_GGG_v1

Dealing with transgressive behavior

How and when to seek help

In this speed learning course, you learn what you can do if you have experienced transgressive behavior.

https://my.newheroes.com/user/login?courseId=SLEN_GGO_v1

Transgressive behavior: Helping someone else

Practical guidance on supporting someone who has experienced it

In this speed learning course, you learn how to support someone who has experienced transgressive behavior.

https://my.newheroes.com/user/login?courseId=SLEN_GGZ_V1

Training: Transgressive behavior

Recognising, talking about and preventing inappropriate behaviour

In this training, you will learn to recognise inappropriate behaviour at an early stage, set your own boundaries clearly and respectfully, deal with situations where it has happened to you, and help others in a safe and supportive way. In this way, you contribute to a safe, respectful and ethical environment for yourself and the people around you.

https://my.newheroes.com/user/login?courseId=TREN_GO_v1

Energetic at work

Meet three basic needs and create more job satisfaction and balance

In this speed learning course, you learn how insight into the three basic needs (competence, autonomy, relatedness) and finding the right balance between what gives you energy and what costs you energy can increase your job satisfaction.

https://my.newheroes.com/user/login?courseId=SLEN_EWV_v1

How to motivate yourself to live healthier

Discover how intrinsic motivation helps you achieve healthy goals

In this speed learning course, you learn how intrinsic motivation works and experience why it is important to know why you want to achieve something. You apply this to your goal for a healthier lifestyle.

https://my.newheroes.com/user/login?courseId=SLEN_GEM_v1

Fit and healthy: Improve your activity pattern

In small steps from planning to active movement

In this speed learning course, you gain insight into your activity pattern and start working to improve it step by step.

https://my.newheroes.com/user/login?courseId=SLEN_FIB_v1

Fit and healthy: Improve your eating habits

Achieve better results with small adjustments to your diet

In this speed learning course, you learn what characterizes healthy nutrition and explore which eating habits you can improve.

https://my.newheroes.com/user/login?courseId=SLEN_FIE_v1

Fit and healthy: Maintain a healthy lifestyle

Map your pitfalls and successes. This is how you stick with it

In this speed learning course, you learn how to maintain your healthy lifestyle by recognizing success situations and risk situations and dealing with them effectively.

https://my.newheroes.com/user/login?courseId=SLEN_FIG_v1

SOS by stress

Tackle catastrophic thoughts and learn not to believe everything you think

In this speed learning course, you learn how to stop getting stuck in catastrophic thoughts. You also learn how to reduce stress immediately.

https://my.newheroes.com/user/login?courseId=SLEN_SEH_v1

Let's talk about stress

Identify stress in others and deal with it effectively

In this speed learning course, you learn how to recognize stress in the people around you. For example, a colleague, friend or family member. You also learn how to break through resistance and start a conversation about it.

https://my.newheroes.com/user/login?courseId=SLEN_SCS_v1

In balance with mindfulness and meditation

Identify stress in others and deal with it effectively

In this speed learning course, you learn how to find your inner calm. You discover what mindfulness and meditation have to do with it and get exercises to experience silence and calm.

https://my.newheroes.com/user/login?courseId=SLEN_BMM_v1

What is mental innovation

Learn to think in new ways and handle change with resilience

In this speed learning course, you learn what mental innovation means and how you can renew the way you think and act. You also get to know the four roles that help you stay resilient.

https://my.newheroes.com/user/login?courseId=SLEN_WMI_v1

The power of mindset

Discover how your thoughts shape your growth

In this speed learning course, you learn how a growth mindset and positive thoughts help you handle challenges and change. You also discover how wanting, being able, daring, and allowing yourself all contribute to greater confidence and growth.

https://my.newheroes.com/user/login?courseId=SLEN_KM_v1

Design your life

Break patterns and learn to think flexibly

In this speed learning course, you learn how to give direction to your life by making conscious choices and using your energy effectively. You discover how to take concrete steps to stick to your plans and live with more balance.

https://my.newheroes.com/user/login?courseId=SLEN_OJL_v1

Think differently, act differently

Break patterns and learn to think flexibly

In this speed learning course, you learn how to give direction to your life by making conscious choices and using your energy effectively. You discover how to take concrete steps to stick to your plans and live with more balance.

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