Cultivating Purpose

Create a life of meaning and purpose and uncover the importance of surrounding yourself with positivity and its powerful benefit.

Connecting Your Work to Your Purpose (1h 5m 6s) – Learn methods to help you find fulfillment and satisfaction in your career by building alignment between your values and your work.

Cultivate Healthy Ambition (36m 38m) – Learn how to pursue your ambitions without burning yourself out.

How Leaders Can Motivate Others by Creating Meaning (35m 24s) – Learn how to motivate your teams by creating meaning. Unlock a deep level of engagement and peak performance among your staff by making work matter.

How to Create a Life of Meaning and Purpose (41m 20s) – This course helps you learn to take small, science-backed actions that increase contentment and provide a foundation for creating the life you want.

How to Have a Happier Workweek (24m 36s) – Get the most out of your workweek. Nic Marks explores key research and best practices for achieving greater happiness at your job.

How to Make Work More Meaningful (27m 24s) – Become more personally connected to your work. Get strategies for using your values to guide your productivity, connecting your work to your personal vision, and more.

Learning to Say No with Confidence and Grace (42m 43s) – Learn why it’s important to say no and how to say it without negatively impacting your career or relationships.

Managing Your Well-Being as a Leader (41m 23s) – Learn how to address your own well-being, so you can be a more effective and supportive leader for your employees.

Sharing Your Best Self at Work (56m 40s) – Learn how to talk about your strengths, accomplishments, and career goals in a way that builds connections rather than alienating others.

How to Have a Great Day at Work With Caroline Webb (55m 39s) – Explore evidence-based techniques to boost your performance, productivity, and well-being every single day.

Uncovering Your Authentic Self at Work (28m 2s) – Learn about covering—a strategy through which individuals downplay a known stigmatized identity to blend into the mainstream—and how to build a more authentic workplace.

Use an Entrepreneurial Mindset to Find Success and Fulfillment at Work (48m 19s) – Learn how to harness entrepreneurial thinking and behavior to build your motivation, adaptability, and future focus—all in pursuit of success and fulfillment at work and in life.