

# 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 \(1n 5m 6s\)](#) – 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.