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Master an array of life lessons with LinkedIn Learning [1]

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At CU, we believe in supporting faculty and staff to pursue their personal and professional growth. As such, we have curated a variety of LinkedIn Learning courses that can help you build life skills as an individual in and out of the workplace. Explore the courses below.

What is Resilience? [3]

Many of us want to perform well when the pressure's on, but we often withdraw in times of stress or adversity. People who build resilience have an easier time facing new challenges and earn a valuable skill for navigating life. In this course you'll learn how to develop practical skills you can use to increase your resilience and deal with difficult situations.

Time Management for Busy People [4]

How are you doing at getting things done? If you're like most people, you've tried traditional time management — you've read the books, listened to the podcasts and tried the apps but still struggled to make the habits stick. In this course, you will get tips and tricks on how to take control of your calendar to get things completed and checked off your lists. Learn how to master your to-do list, schedule effectively, and assess your progress.

Leveraging Your Strengths [5]

Leveraging and growing your own strengths can help you fulfill your greatest potential. In this course, you will be coached on how to find and maximize your strengths to meet your everyday responsibilities and pursue your goals. You will receive techniques for identifying your core strengths, tips for avoiding common blind spots related to your strengths, how to articulate your strengths to your team and how to start playing to your strengths immediately.

Making Big Goals Achievable [6]

Long-term success is the result of setting challenging, meaningful goals and breaking them down into small, daily actions. In this course, you'll learn about a seven-step process and find detailed planning worksheets that you can use to make goal achievement a part of your daily agenda. Learn how to simplify your process and map out a schedule for consistent improvement.

Six Morning Habits of High Performers [7]

In this course, you will learn about the six habits of the most successful people. Discover strategies for generating new ideas, the positive impact of tiny amounts of exercise and the

most impactful way to utilize affirmations and practice gratitude. Plus, learn how to do simple practices, like reading and scribing, and become a better version of yourself.

Linkedin Learning [8], Wellness [9]

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