

# LifeSpeak Select Program Catalog

Build better health with practical strategies from world-leading experts. These self-paced programs cover a variety of topics such as mental health, resilience and mindfulness, self-care, relationships, parenting, stress and anxiety, PTSD, and so much more.

## THRIVING THROUGH CHANGE | 9 CLASSES

Learn strategies to manage emotions and stress during times of change or uncertainty.

## A PRACTICAL GUIDE TO MINDFULNESS | 13 CLASSES

This introductory program teaches you what mindfulness is and how to be more mindful in your everyday life.

## PARENTING: THE EARLY YEARS | 9 CLASSES

During these crucial years of a child's development, learn how to help children build self-esteem and confidence, cope with stress and anxiety, and create a positive mindset.

## PARENTING: THE TEEN YEARS | 16 CLASSES

Understand how to overcome common parenting challenges during the teen years, with topics such as managing screen time, improving communication, and raising independent and resilient children.

## THE SCIENCE OF HAPPINESS | 11 CLASSES

Explore how to increase your level of happiness to improve your mental and physical health and overall wellbeing.

## NAVIGATING RELATIONSHIPS | 16 CLASSES

Learn how to recognize and overcome common issues in relationships, plus strategies for keeping relationships healthy and strong.

## FOCUS ON SELF-CARE: SLEEP & MOVEMENT | 16 CLASSES

This deep dive into self-care focuses on sleep and movement and how they both play a direct role in your overall health and wellbeing.

## COMPASSION FATIGUE | 8 CLASSES

Understand how to recognize, treat, and prevent compassion fatigue and who is most at risk of experiencing it.

## PTSD | 8 CLASSES

Learn how to recognize PTSD (post-traumatic stress disorder), who is most at risk, treatment options, and ways to support loved ones with PTSD.

## STRESS & ANXIETY | 15 CLASSES

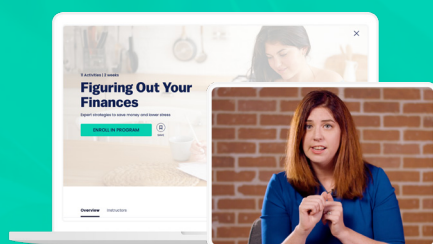
Uncover everything you need to know about stress and anxiety, including how to recognize stress in everyday life, the impact of stress on mental and physical health, and strategies to cope with stress and anxiety.

## HEALTHY EATING & BEYOND | 16 CLASSES

Explore a variety of topics about healthy eating, such as how to create a healthy relationship with food, debunking common food and diet myths, and how to help children develop long-term healthy eating habits.

## FIGURING OUT YOUR FINANCES | 11 CLASSES

In this program, our experts will provide simple but effective strategies for managing debt, saving money, and thriving through uncertainty. They'll demystify complex topics so you can act from a place of knowledge and power.



**Enhance your Wellbeats offering.**

Contact us to learn more.

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