heartbeat**

September 2021 Newsletter



Helpful Resources

Check out <u>Workplace Learning Solutions</u> developed specifically to support your people during the COVID-19 pandemic.

Adapting Socially: Alternative celebrations and get-togethers

People all over the world have had to find new ways to connect with family and friends amid the pandemic. Learn to adapt to new ways of celebrating and maintaining your social connections as you look ahead to the end of 2021.



Creating New Family Traditions

This year has been tough. There's no better time to make new memories and reclaim a connection to yourself and your loved ones.



Keeping Relationships Strong as We Age

Maintaining relationships as you grow older can be challenging. We have tips to help strengthen your ties and make new acquaintances.

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People Leader's Corner



Fun and Easy Team Building Ideas

Building a successful and healthy team takes commitment and ongoing attention. Read on for ideas to improve the atmosphere and efficiency when working together.

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Recommended for You

Video

Setting Boundaries to Avoid Burnout





Heartbeat Newsletter Homepage



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