

Human Resources and Organizational Effectiveness (HROE) - Learning and Development team is pleased to highlight resources and self-paced e-learning courses that will support you during this 'work from home' period.

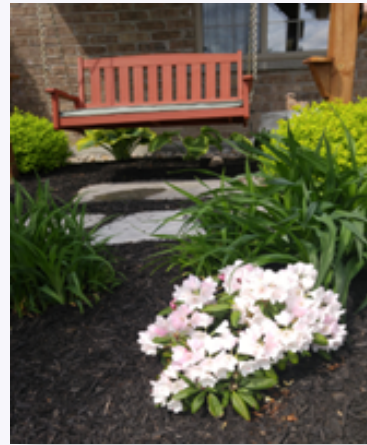
Environmental and Personal Well-Being

Gardening

- [Petal Power: Why is Gardening so Good for our Mental Health?](#)
- [COVID-19 has more people gardening; here's how to do it indoors](#)
- [The benefits of growing a garden during the COVID-19 crisis](#)



Photograph by Reva Harknett



Photograph by Maureen Martin-Edey

Baking

- [Psychologists explain the benefits of baking for ourselves and others](#)
- [Why baking is good for mental health](#)
- [Simple baking ideas – even when low on flour \(Baking with limited ingredients\)](#)



Personal Well-Being Courses by LinkedIn Learning. To learn how to sign in, [please click here](#).



Time Management: Working From Home

[Learn more](#)



How to Manage Feeling Overwhelmed

[Learn more](#)

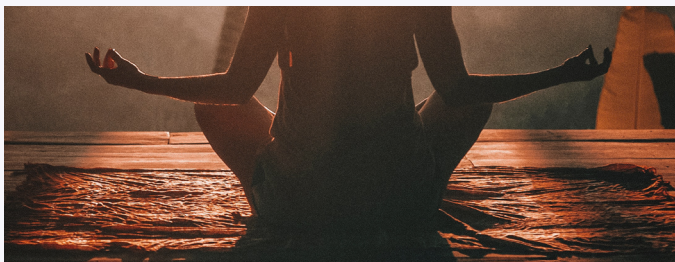


Coaching Employees through Difficult Situations

[Learn more](#)

Emotional Well-Being

Webinars & Videos



Mini Meditation with Rose

[Learn more](#)

Publications

- [Laurier offers free online self-care and resiliency course](#)

Webinars

May 12: Making Sense of Sustainability in Relation to COVID-19 with Devon Fernandes

[Learn More](#)



Publications

- [COVID-19 - How to manage information overload](#)
- [Tips for handling work and kids at home during COVID-19](#)

The Home Office / Working From Home

Webinars & Videos



Chris's Chair Workout

[Learn more](#)



Yoga with Nathania

[Learn more](#)



Family Fitness

[Learn more](#)

Publications

- [How to stay fit and healthy during COVID-19](#)
- [Daily stretches you can do while working from home](#)