

## Infinity Self-development Library

### Course List - Wellbeing

- Yoga for Wellbeing and Work-related Discomfort
- Achieving Work Life Balance
- An Introduction to Imposter Syndrome
- Are you feeling SAD?
- Are You Really Listening?
- Beat the Common Forms of Stress
- Being Aware of your Unconscious Bias
- Change Bad Habits to Become Happier
- Coping with Isolation
- Counting Sheep - How to Get a Great Night's Sleep
- Deskercises for Wellbeing
- Develop the High Self Esteem Habit
- Do You Want to Transform Your Leadership Capability?
- Feeling Stressed? Try Mindfulness
- Financial Wellbeing
- Five Ingredients for a Flourishing Life
- Getting Rid of Stress!
- Helping People to GROW - A Coaching Model
- Motivate for a Happy Workforce
- Relax - How to Switch Off After Work
- Remove Stress - Focus and Centre Yourself
- Reward Yourself with a Digital Detox
- The Art of Being Patient
- The Positive Side of Conflict
- The Power of Positive Reframing
- Think Differently - The Reframing Matrix
- Wellbeing – The Science of Happiness
- Why are you so angry? The eight causes of conflict

