



# Digital Resources for Managers

## Programs

### Creating Psychological Safety

This program teaches you about psychological safety and helps you explore ideas for building it within your team.

### Active Listening for Managers

This program helps managers understand how to actively listen to team members and how it can help them become in their role.

### Recognizing Stress & Burnout

This program offers guidance on how managers can identify signs of stress and burnout in their team members.

### Preventing Burnout in Team Members

This program explores the common causes of burnout and offers suggestions on how a manager can minimize these stressors for their team.

### Encouraging Boundaries in a Team

This program teaches managers how to help their team set boundaries, so that they can take care of their well-being while being more productive in the time that they are working.

## Meditations

### Focus Series

This series includes seven meditations to help you build the muscle to bring your attention back to whatever you'd like to focus on.

### Ready to Complete a Task

This meditation practice utilizes breathing techniques to help you build self-confidence and prepare for an upcoming task or meeting.