



LEARNING RESOURCES, Inc.

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on-line programs at a glance...

Delivering interactive training and development programs and personalized help anonymously on the Web.

**Leadership,
Performance &
Career Skills**

Provides leaders within an organization the tools and direct support to become more productive, reduce turnover, facilitate the learning and development of their employees, reduce absenteeism, and more.
Includes:

<i>Leadersmark Training Program</i>	<i>Online Coaching</i>
<i>LLRC – Leaders Legal Resource Center</i>	<i>Supervisory Referral Training</i>
<i>Leadership Coach Training Program</i>	<i>Foundations of Performance</i>
<i>Online learning Library</i>	<i>Telecommuting</i>
<i>Six Sigma</i>	<i>Time Management</i>
<i>Sports Psychology</i>	<i>Skill Development Planning</i>
<i>Effective Meetings</i>	<i>Delegation</i>
<i>Stress Management Training & Information</i>	<i>Downsizing</i>
<i>Keys to Leadership</i>	<i>Project Planning</i>

Relationships and
**Personal
Development**

Building the skills needed for success in one's personal life.
Includes:

<i>Improving Communication</i>	<i>Strengthen Family Relationships</i>
<i>Making and Keeping Friends</i>	<i>How to Be A Happy Couple</i>
<i>Retirement Planning</i>	<i>Avoid Unfair Fighting</i>
<i>Budgeting</i>	<i>How to Change Your Behavior</i>
<i>Credit Card Payoff Plan</i>	<i>Assertiveness</i>
<i>Managing E-mail</i>	<i>Organizing Your Work Flow</i>
<i>Giving Positive Feedback</i>	<i>Handling Annoying CoWorkers</i>

Health and Wellness

Providing health and wellness-related information, online exercises, personalized feedback and plans to help people live longer, healthier lives. In addition to our *Health Risk Appraisal*, areas include:

<i>Changing Your Health Habits</i>	<i>Starting an Exercise Program</i>
<i>Nutrition Basics</i>	<i>Allergies & Asthma</i>
<i>Stop Smoking</i>	<i>Diabetes</i>
<i>Hypertension</i>	<i>Dining Out</i>
<i>Understanding the Food Label</i>	<i>Food Diary</i>
<i>Healthy Snacks</i>	<i>Aerobic Exercise Basics</i>
<i>Cancer Prevention</i>	<i>Strength Training Basics</i>
<i>Sunblock/Skincare</i>	<i>Maintaining Motivation</i>
<i>Heart Healthy Diet</i>	<i>Stroke</i>
<i>Office Ergonomics</i>	<i>Stretching Basics</i>
<i>Macular Degeneration</i>	

Stress

Providing the skills needed to manage stress at work and at home.

<i>Managing Stress in the Workplace</i>	<i>Relaxation Training</i>
<i>Emotional Resilience</i>	<i>Time Pressure</i>
<i>Stress Awareness</i>	<i>Using Humor to defeat Stress</i>
<i>Coping With War Worries</i>	<i>Occupational Stress Program</i>
<i>Tension Check-Up</i>	<i>Headaches</i>
<i>Meditation</i>	

Emotional Health

Providing mental-health-related information, online exercises, feedback and plans for practicing new skills to help people find peace of mind.

<i>Depression</i>	<i>Anxiety</i>
<i>Panic Attacks</i>	<i>Substance Abuse</i>
<i>Alcoholism</i>	<i>Optimism</i>
<i>Anger</i>	<i>Suicide Prevention</i>
<i>Improving Self-Esteem</i>	<i>Obsessive-Compulsive Disorder</i>
<i>Social Anxiety</i>	<i>Posttraumatic Stress Disorder</i>
<i>Phobias</i>	

Parenting and Childcare

Teaching parents – old and new – how to parent more effectively. Includes information on:

<u>Attention Problems/ADHD</u>	<u>Parenting Newborns</u>
<i>Healthy Pregnancy</i>	<i>Parenting Toddlers</i>
<i>Childproofing Your Home</i>	<i>Healthy Daycare</i>
<i>Breastfeeding</i>	<i>Balancing Work & Parenting</i>
<i>Exercise & Weight Management</i>	<i>Teaching Your Child to be Caring</i>
<i>Summer Camps</i>	<i>School Success</i>
<i>Sports Safety</i>	<i>Gifted Child</i>
<i>Establishing Family Rituals</i>	<i>Getting Children to Sleep</i>
<i>Talking with Your Teen About Smoking</i>	<i>Learning Disabilities</i>

Aging and Eldercare

From retirement planning to caregiving to understanding the aging process, these programs provide guidance and support to children of aging parents and important information about health and better living for anyone over 50.

Aging Well

Being a Good Advocate
Alzheimer's Disease
Minimizing Medical Errors
Getting a Good Nights Sleep
Health Insurance Basics for Seniors
Macular Degeneration
Coping with Hearing Loss
Osteoporosis
Long-term Care Insurance

Planning for Retirement

Community and Home Care
Self-Care for Caregivers
Collecting Essential Information
Diabetes
Cataract
How to find a Care Giver
What to Bring to Dr. Visits
Advance Directives
VA Information

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<http://www.learning-resources.com/library/LifeHubonlineservicesdetailfactsheet.pdf>