

Fostering Mentor/Mentee Relationships



| Title | Duration (minutes) | Author | Course Description |
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| • Creating a Coaching Culture | 9 | Absorb | Creating a culture of growth and development in the workplace is essential for any organization to succeed. This course explains how to create a culture of coaching that motivates your employees and encourages them to reach their full potential. The course will take around 9 to complete and is designed for use on desktop, laptop, mobile and tablet. |
| • Mentoring | 7 | Absorb | There are many benefits to being a mentor-but what makes a good mentor, and when is the right time to start mentoring someone? This course gives you some key practical tips for creating and maintaining a great mentor-mentee relationship. |
| • Giving and Receiving Feedback | 7 | Absorb | Giving and receiving feedback in a tactful and constructive way can help you build better working relationships with others as well helping everyone to be more productive. This course looks at some key tips for giving and receiving feedback. |
| • Empathy and leadership | 11 | Absorb | As a leader, it is important that you understand the feelings and motivations of others, even if you don't share those same feelings yourself. This lesson provides insights into how empathy can help leaders lead effectively and offers a few tips on how to develop your own empathy skills. |
| • Insights with Derek Redmond - Creating a High Performance Culture | 8 | Absorb | In this course, former Olympian and Speaker Derek Redmond talks about "Creating a High Performance Culture". We delve into the key strategies for effective communication, understanding diverse work-based behaviors, and leading a culture where every member is empowered to take charge. |
| • Insights with Derek Redmond - Traits of High Performing Teams | 6 | Absorb | This course unveils the critical roles of alignment, communication, respect, and understanding in achieving collective goals. Explore the dynamics that transform a group of individuals into a seamless, successful unit. |
| • Insights with Derek Redmond - Leadership: Helping Your Team Deal With Failure | 6 | Absorb | This course is designed to equip leaders with the skills to prepare and support employees through setbacks and failures, focusing on fostering resilience and innovation. Discover how to transform potential failures into opportunities for growth and success within your team and organization. |
| • Insights with Derek Redmond - Building Resilience | 12 | Absorb | In this course, Former Olympian and Speaker Derek Redmond shares effective strategies to enhance resilience and overcome challenges. Discover the critical role of a healthy lifestyle, positive social connections, and adaptive thinking in bolstering mental and emotional fortitude. |
| • Insights with Amy Tez - Overcoming Imposter Syndrome | 9 | Absorb | Amy Tez, Business Communications Expert and Professional Actor, shares strategies to conquer imposter syndrome in this transformative course. Learn to embrace your authentic self, enhance genuine communication, and confidently navigate workplace challenges without the fear of being exposed as a fraud. |
| • Insights with Amy Tez - Leadership Presence | 7 | Absorb | Amy Tez, Business Communications Expert and Professional Actor, shares how to elevate your leadership skills through the power of presence. Learn to harness calmness and deep breathing to enhance your communication, credibility, and influence. This concise course offers practical strategies to speak with authority and inspire your audience in any setting. |
| • Building Trust with Others | 7 | Absorb | Building trust with others at work is important for everyone, whether you're new to a team or perhaps you've been promoted to a management position. This course shows you how to build and maintain lasting trust with others in the workplace. |

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| • Identifying Your Skill gaps | 7 | Absorb | If you are able to identify your skill gaps and fill them with knowledge and experience, it can help you to reach the next level in your career, or event transition into a different career altogether. This course shows you how to do exactly that. |
| • Advanced Emotional Intelligence - Self Motivation | 9 | Absorb | When it comes to achieving your personal and professional goals, mastering self motivation is the key to prevent procrastination, stagnation, and poor time management. Part of honing your emotional intelligence skills is learning to find resources within to help you with the things you're struggling with. In this course, you will learn how to grow your self motivation skills. |
| • Asking Your Manager for Feedback | 11 | Absorb | One of the most important things you can do as an employee is to get feedback from your manager. However, not every manager gives feedback as consistently as you or the organization may like. This is particularly true if there are no well-defined, structured methods for giving feedback. In this lesson, we'll explore some tips for requesting feedback from your manager and how to make sure that you're getting the most out of the process. |
| • Developing Empathy | 7 | Absorb | Having a good sense of empathy helps you to develop strong and lasting relationships both inside and outside of the workplace and can help you to see new perspectives. This course takes you through some key tips for developing empathy |
| • Insights with Derek Redmond - Top Tips for Goal Setting | 8 | Absorb | In this course, former Olympian and Speaker Derek Redmond explains how to define clear, inspiring goals, foster unwavering self-belief, and strategically navigate challenges. Learn practical strategies to break down ambitious aspirations into manageable steps, ensuring you maintain motivation and focus on your path to success. |
| • Insights with Derek Redmond - Being Part of a High-Performance Team | 8 | Absorb | In this course, former Olympian and Speaker Derek Redmond explores how non-leaders can embody leadership qualities to enhance team performance in this course. You'll learn to adopt leadership attitudes, make decisions, and prioritize team success over individual achievements, fostering a collaborative and high-performing team environment. |
| • Learning Podcast - Personal Accountability | 52 | Absorb | In this Podcast we'll explore the topic of "Personal Accountability" with Jeanna Brown, an internationally-recognized personal development and coaching specialist and author. |
| • Learning Podcast - Building Confidence with Soft Skills and Workplace Etiquette | 42 | Absorb | In this Podcast we'll explore the topic of "Building Confidence with Soft Skills" and "Workplace Etiquette" with Jeanna Brown, an internationally-recognized personal development and coaching specialist and author. |