

# Cultivating Well-Being Course

## Learner Takeaways

4.5

Average score out of 5  
on learning new habits to  
improve well-being

100%

Would recommend the  
course to others

4.5

Average score out of 5  
on finding the course  
valuable

"It helped me understand that I need to make myself the priority and provided me with the tools to support that concept."

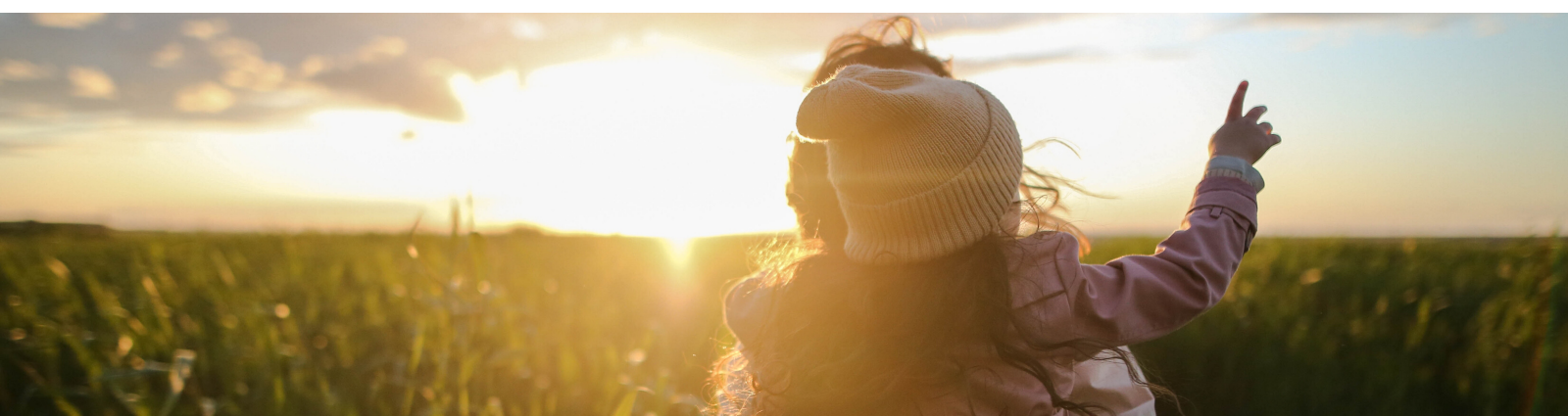
"I thought it was a great series. For me it was a reinforcement of many things I am already doing or trying to do. It was great to hear from a seasoned professional in this space. Thank you."



"I really liked all of the topics covered so that we learned a 'holistic' approach to our own well-being."

"This helps us with our mental wellness and how to take care of ourselves with the new normal way of life."

"It was meaningful to me as the emphasis on overall emotions and home and work examples aligned to my experiences. Therefore, the topics 'hit the mark' as we moved through the sessions. Well done!"



"I learned to become more focused on my well-being and mindfulness practice."

"Great ideas and reminders for sustaining positive relationships between body, mind, and spirit."

"I was reminded of the importance of balance and relaxation for performance and well-being."

"Making us aware of the small things that we need to practice regularly for better well-being, better productivity, and better self."

"I enjoyed the reflection areas that we covered as it was a reminder not to go back to the way we were doing things that hindered us."