Free Online Learning Tools

From within our MIT Community:

As always, **don't forget to take care of yourself**! Take advantage of MIT's support resources that is available to you and your family members:

MyLife Services provides 24/7 access to a network of experts who are available to help with life concerns. Reach out by phone: 844-405-LIFE (844-405-5433) or email to info@mitmylifeservices.com

- o Keep your wellness up-to-date with the Wellness Calendar! September: The Power of Sleep

MIT Community Wellness has developed wellness videos and virtual classes, most at no cost, to support mind and body wellness and to help the community manage stress, develop routine, and create connection.

- View their offerings to support body, family, and mind during this stressful time

Opportunities to Learn & Grow

Then, check out *Virtual Workshops* from the MIT Central HR team in the upcoming months!

- How to Manage Your Burnout | October 6
- New Ways of Working: Coping and Adapting to Change (for All Employees) | *Offered through the Center for WorkLife and WellBeing* I October 13
- Making Your Meetings Work | October 28
- Collaborating Within Hybrid Teams | November 2
- Everyday Leadership | November 15
- Appreciation, Positivity, and the Way Forward | December 8
- Active Listening | multiple dates available
- Inclusive Practices for All Genders | multiple dates available
- Increase Your Time Management and Productivity | multiple dates available
- LBGTQ+ 101: You Are Welcome Here | multiple dates available
- Standing Up Instead of Standing By | multiple dates available

Management Development Opportunities

- **MIT's Monthly Managers' Roundtable:**

Still happening into the fall! Visit the Atlas Learning Center to register.

- **Essentials of Managing Training Group:**

If you want to explore virtual learning experiences critical to managing employees at MIT, this group is open to managers at all levels and ranges of experience. Rolling admissions and flexible dates are now available. Request to join

- **Managing Teams in Remote or Hybrid Mode**

Articles and resources on successfully managing your remote or hybrid team

- **Leading Remotely** (Atlas self-paced learning bundle)

Leading a remote team is in many ways no different than leading a co- located team. The difference is not so much what you do but how you do it. Leveraging technology, remote leaders must be especially attentive to the communication, coaching, goal setting, and feedback (both giving and receiving) aspects of leadership. They must also recognize the effects of distance on a team and work intentionally to build and maintain trust and strong interpersonal relationships across the team. Fortunately, for new remote leaders, there are well-tested models and best practices for being an effective remote leader. The resources below provide guidance, tips, and insights that will help you lead at a distance

Upcoming programs and webinars from Abroad:

Bravely Daily Moments from Bravely: Five-week program delivering "Tools to Thrive" at work: balance, resilience, agility, vulnerability and emotional intelligence. **Sign up here.**

Free Online Resilience Program from Goleman EI and Everwise: 5-day program providing education and tools to overcome a variety of challenges

Kirwan Institute – Implicit Bias Module Series

Webinars from the NeuroLeadership Institute:

- Your Brain at Work LIVE | Managing Effectively in a Hybrid World: Surveillance Focus vs. Outcome Focus – Friday Sept 24, 12 – 1 PM
- Wellbeing Series | Staying Cool Under Pressure – Tuesday, Oct. 12, 12 – 12:45 PM
- How to Build Effective Listening Sessions
- The Neuroscience of De-escalation

Additional Learning Resources (on-demand, self-paced):

Alison: Courses in business, technology, health and language learning courses

- Communication Skills-Perception and Non-Verbal communication

- Develop your Emotional Intelligence

Coursera: Best online professional development platform for course variety

Free Online Learning Tools

- [Diversity and inclusion in the Workplace](#)

- [Effective Problem-Solving and Decision-Making](#)

- [Gender and Sexuality: Diversity and Inclusion in the Workplace](#)

- [Giving Helpful Feedback](#)

- [High-Impact Business Writing](#)

- [High Performance Collaboration: Leadership, Teamwork, and Negotiation](#)

- [Inspiring Leadership through Emotional Intelligence](#)

- [Leadership and Emotional Intelligence](#)

- [Leading for Equity, Diversity and Inclusion in Higher Education](#)

- [Leading Transformations: Manage Change](#)

- [Optimizing Diversity on Teams](#)

- [Successful Negotiation: Essential Strategies and Skills](#)

[edX](#): Courses in humanities, math and computer science

- [Becoming a Successful Leader](#)

- [Communicating Strategically](#)

- [Empathy and Emotional Intelligence at Work](#)

- [Existential Well-being Counseling: A Person-centered Experiential Approach](#)

- [Leading with Effective Communication](#)

[Future Learn:](#) Numerous free courses on business-related programs; students are able to communicate with each other to enhance the experience

- [Communication and Interpersonal Skills at Work](#)

- [Emotional Intelligence at Work](#)

- [People Management Skills](#)

- [Understanding Diversity and Inclusion](#)

[LinkedIn Learning](#): Access courses, books and videos tailored for the MIT community.

- [Developing your Emotional Intelligence](#)

- [Giving and Receiving Feedback](#)

- [Having Difficult Conversations](#)

Free Online Learning Tools

- [Negotiation Skills](#)

[SkillShare:](#) Best online professional development platform for courses in creative fields

- [Modern Leadership: Give & Get Honest Feedback at Work](#)
- [Powerful storytelling Today: Strategies for Crafting Great Content](#)