

Gratitude and Reflection Mapping

As we approach the season of gratitude and celebrations, it is an excellent time to pause and self-reflect on the past year, show appreciation and look for new inspiration.

This LinkedIn Learning gratitude and reflection mapping is a compilation of courses that provide insight and learnings from personal and workplace perspectives going into a new year.



The Healing Power of Gratitude and Giving Thanks

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them." - John F. Kennedy, 35th president of the United States



The courses in this section provide insights on mutual support and the fruitful benefits of appreciation, inclusivity, belonging, and compassion.

Learn how gratitude has the power to heal, amplify positive emotions and create a human connection.

Individual Contributors/General

[How to Create a Life of Meaning and Purpose](#) – This course helps you learn to take small, science-backed actions that increase contentment and provide a foundation for creating the life you want.

[Introduction to Gratitude Meditation](#) – Learn how gratitude and joy meditation, nourishes an innocent rejoicing in life itself.

[Becoming an Ally to All](#) – Learn about the importance of allyship, how to become an ally, and how you can grow and mature as an ally.

[Awakening Compassion at Work \(Blinkist Summary\)](#) – Discover the role of compassion in the workplace. Uncover the quiet power that elevates people and organizations.

[Introduction to Loving-Kindness Meditation](#) – This course teaches the heart-opening technique of loving-kindness to help you discover liberation from suffering.

[The Healing Power of Compassionate Purpose](#) – This course examines the positive effects of helping others during times of your own distress.

Managers/Leaders

[Building a Stellar Employee Experience](#) – Learn how to create an experience for your staff that leaves them feeling happier, more productive, and more successful.

[A Navy SEAL's Surprising Key to Building Unstoppable Teams: Caring](#) – Learn about the CARE Framework — connect, achieve, respect, and empower—and understand how each contributes toward building an effective, cohesive team.

[Leading with Kindness and Strength](#) – Learn how to make "nice" your superpower at work. Get practical guidance on balancing empathy with decisiveness in your professional life.

[Recognizing and Rewarding Your Workers](#) – Learn how to employ recognition and reward strategies for motivating workers in the modern economy.

[Leading Your Org on a Journey of Allyship](#) – When leaders comprehend what it means to be an ally, they can grow a more inclusive workplace with their employees. This course shows you how to do the work to become an ally.

[How to Be an Inclusive Leader \(getAbstract Summary\)](#) – Learn how to build an inclusive, equitable workplace where employees can bring their full selves without fear.

[Leading with a Heavy Heart](#) – Leading others when experiencing your own challenges is tough. Learn how to lead authentically through difficult times and help others do the same.

Rediscover Your Inspiration at Work

"The key difference between managers and leaders is that managers tell people what to do, while leaders inspire them to do it" – Jeff Weiner, Executive Chairman of LinkedIn



The courses in this section can help you get inspired and feel empowered to take on new challenges, create change, and see things in a new light.

Individual Contributors/General

[Build a Personal Learning Plan and Stick with It](#) – Learn to create a personal learning plan that proactively helps you identify the skills you need to build, chart a path for developing those skills, and sets you up for success.

[How to Create a Career You Love](#) – That perfect job is incredibly rare, but it is absolutely possible to attain a career you love—one that challenges, inspires and fulfills you. Learn how to create opportunities for yourself so that you can maximize your impact, excel at what you do, and ultimately love your career.

[Mastering Self-Motivation](#) – Turn your ideas and plans into real-world achievements. Learn how to shift your mindset and leverage practical tools to power your self-motivation.

[Overcoming Obstacles for Promotion](#) – Learn strategies to approach asking for a promotion and demonstrating your value, the path forward after you've been rejected for promotion, and how to navigate your promotion when it does happen. Get energized and ready to craft your own action plan for promotion!

[Planning Your Career and Your Life](#) – This course provides a roadmap for anyone trying to solve the interrelated challenges of career and life planning.

[Mel Robbins on Confidence](#) – Mel teaches skills based on behavioral science and real-life experience. She shows you the surprising definition of confidence and explains the science of the confidence-competency loop.

Managers/Leaders

[Be the Manager People Won't Leave](#) – Join veteran HR leader Laurie Ruettimann as she reveals the data behind why it's more important than ever to be a manager who demonstrates empathy and inspires loyalty from the workforce.

[Communicating to Drive People to Take Action](#) – Want to get others excited about an important initiative, a great cause, or a new idea? Learn how to communicate and inspire people to take action.

[Conducting Motivational 1-on-1 Reviews](#) – Learn how to make your objectives clear, understand employee motivations, ask questions to help employees open up, and structure a quick and effective meeting

[Creating a Culture That Inspires Your Employees](#) – Learn the importance of being clear from the top, building trust, and establishing support systems to keep your culture growing for the long haul. .

[Daniel Pink on Motivation](#) – Learn how to carve out small islands of autonomy to spark your team's innovation and deepen their commitment.

[How to Inspire and Develop Your Direct Reports](#) – Learn the importance of a leader assessing themselves not just in respect to their team at work, but in five key categories: self, family, team, organization, and community.

[How to Lead and Inspire Change](#) – Learn tips for how to inspire others while still conveying a sense of urgency, and a framework for how to move through the stages of progress.

Happiness: A Sense of Well-Being, Joy, and Fulfillment

"Happiness is not something ready made. It comes from your own actions." - Dalai Lama XIV



Happiness isn't a feeling — it is a state of being. What if you had the skills and tools to make happiness a constant in your life?

Courses in this section provide insight into creating a continuous feeling of well-being, joy, and fulfillment.

Individual Contributors/General

[Creating an Amazing Life](#) – You'll learn how to define your path and create your own personal advisory board, while dealing with naysayers and negativity.

[Being Positive at Work](#) – Learn why being positive at work is so beneficial and explore practical strategies for increasing positivity and dealing with difficult situations.

[Finding Your Purpose at Work](#) – Become a more fulfilled you. Learn how to find your purpose at work and improve your job performance, engagement, and happiness.

[How to Train Your Brain For Happiness](#) – The series investigates the concept of happiness and introduces scientific ways of increasing happiness in your life.

[Life Mastery: Achieving Happiness and Success](#) – Learn how to build the life you want. Get tips for increasing your happiness, satisfaction, and odds of success.

[Well-Being in the Workplace](#) – Take steps towards feeling happier and healthier at work. This course provides techniques for alleviating anxiety, worry, stress, and other common mental health issues.

Managers/Leaders

[Creating a Positive and Healthy Work Environment](#) – Learn tangible action steps for building a positive workplace culture and create a vision for change.

[Driving Workplace Happiness](#) – Happy employees are productive employees. Get tips to drive workplace happiness and increase employee engagement.

[How to Be a Positive Leader \(Blinkist Summary\)](#) – Learn ways that leaders can encourage and empower employees and boost productivity.

[How to Support Your Employees' Well-Being](#) – How can you support employees struggling with burnout, stress, work-life imbalances that affect their performance and productivity.

[Managers as Multipliers of Well-Being](#) – Learn how you, as a manager, can persuade and empower your team members to engage with their well-being.

[Managing Your Well-Being as a Leader](#) – Learn how to address your own well-being, so you can be a more effective and supportive leader for your employees.

Celebrations and Traditions in the New World of Work

“Human connections are deeply nurtured in the field of shared story” – Jean Houston, American author



How will we celebrate traditions and social norms in the workplace as we adapt to blended processes and environments?

The courses in this section provide insights and learnings on creating community, adapting new social norms, and how this looks and feels as we navigate the new world of work.

Individual Contributors/General

[A Guide to ERGs \(Employee Resource Groups\)](#) – Learn what employee resource groups (ERGs) are, along with some of their challenges, and ways to be involved as a member and as an ally.

[Navigating New Professional and Social Norms When Offices Reopen](#) – Learn how to navigate new professional and social norms when offices reopen. Get tips, tricks, strategies, and ideas for making your return to work as positive as possible.

[Prepare for Returning to the Workplace](#) – Learn skills to strengthen your emotional health, communication, and work performance when returning to work after a hiatus. Or working

[Mastering Self-Motivation](#) – Turn your ideas and plans into real-world achievements. Learn how to shift your mindset and leverage practical tools to power your self-motivation.

[Reopening: A Special Series from the Hello Monday Podcast](#) – The workplace you're returning to isn't the same one you left. Tune in to hear thought leaders discuss how to approach reopening as quarantine restrictions are lifted.

[The Value of Employee Resource Groups](#) – Learn from the life experiences of James Fripp, the chief diversity and inclusion officer at Yum! Brands, and discover the value of employee resource groups.

Managers/Leaders

[Business Leadership, Social Change, and Movements](#) – Learn how to understand and engage with movements in ways that can achieve positive results both for your company and society at large.

[Creating a Great Place to Work for All](#) – Learn about org design, company culture, and building “employee friendliness,” with special focus on including those who might feel marginalized.

[Cultivating Presence and Impact in a Live and Virtual World](#) – Learn how to present yourself at and participate in meetings (especially virtual ones) in the brightest, most positive way.

[Planning for the Remote-First, Work-from-Anywhere Organization](#) – Remote work is integral to the future of work. Learn why and how companies can develop the ability to operate in this way.

[Reshuffle: A Special Series on the New World of Work](#) – The pandemic has completely shaken up the world of work. Check out six inspiring stories about how a diverse group of professionals have found their footing.

[Building Connection and Engagement in Virtual Teams](#) – Learn how to apply principles of coaching and organizational psychology to foster connection and engagement and help your team thrive and deliver in a virtual work environment.

Self-Reflection and Moving Forward

"You cannot have a meaningful life without having self-reflection." —Oprah Winfrey



It's time to self-reflect and take inventory of what is working, and what you want to change or adjust in your life.

This section includes courses on self-reflection, aligning your values with work and life, creating positive habits, and self-care.

Individual Contributors/General

[Aligning Your Values with Work, Life, and Everything In Between](#)

– Learn how you can build alignment between your core values and the actions you take in your career and in your life.

[Constructive Candor: Important Conversations with Coworkers, Family, and Friends](#)

– Learn how to create a conversational environment where you can openly share your truth, do so in a caring and constructive way, and invite others to do the same.

[Articulating Your Value](#) – Clearly convey your value to others by learning about methods for communicating in a way that is unforgettable, compelling, and impactful.

[Creating Success from Failures](#) – Learn how to master your own preparedness and face failures head-on, adopting a growth mindset that gets your mind back into critical thinking mode.

[Pushing Past Your Prior Limits](#) – Learn how when you're unencumbered by the expectations of others, you can feel limitless and achieve a fulfillment in your life and your career that was previously obscured

[Sharing Your Best Self at Work](#) – Learn how to effectively share yourself and your strengths at work, to help you develop positive relationships and be seen in the best light.

Managers/Leaders

[How Leaders Can Motivate Others by Creating Meaning](#)

– Learn how to motivate your teams by creating meaning. Unlock a deep level of engagement and peak performance among your staff by making work matter.

[How to Make Work More Meaningful](#) – Become more personally connected to your work. Get strategies for using your values to guide your productivity, connecting your work to your personal vision, and more.

[Achieving More through Smart Energy Management](#) – Learn how to masterfully manage your energy to accomplish your best work.

[Mindful Team Building](#) – Find out how to use mindfulness and meditation to help improve team unity and communications.

[Uncovering Your Authentic Self at Work](#) – Learn about covering—a strategy through which individuals downplay a known stigmatized identity to blend into the mainstream—and how to build a more authentic workplace.

Gain Momentum: Set Intentions to Achieve Your Goals

"Someone once told me growth and comfort do not coexist." — Ginni Rometty, CEO of IBM



The courses in this section teach you how to set intentions and create momentum. Learn new skills that can help you move forward and achieve your professional and personal goals.

Individual Contributors/General

[Adopting the Habits of Elite Performers](#) – Get some no-nonsense advice on embracing hardship to elevate your performance and unlock your full potential.

[Making Big Goals Achievable](#) – Learn how to achieve more of your big, meaningful goals. Discover a seven-step process that breaks down complex goals into small, daily actions.

[Becoming Assertive: Advocate for Your Interests](#) – Learn how to stand up for yourself and advocate for your interests without crossing the line into bullying or coming across as obnoxious.

[Defining and Achieving Professional Goals](#) – Identify what elements are most important to your personal and professional life. Recognize the ideal number of goals you should have and explore the differences between goals and a to-do list.

[Confidence: How to Overcome Self-Doubt, Insecurity, and Fears](#) – One of the biggest blockers to professional success can be a lack of self-confidence. This course includes information and practical exercises to help you improve social confidence.

[How to Set Goals When Everything Feels Like a Priority](#) – Learn how to prioritize effectively so that you can get meaningful things done. Get practical advice on how to make tough decisions and motivate yourself all the way to your goal.

Managers/Leaders

[Goal Setting for Business Impact](#) – Learn how to set and reach goals that matter to your business and add measurable value in the process.

[Grit: How Teams Persevere to Accomplish Great Goals](#) – Learn how to build trust, prepare for performance, enhance communication, and develop perspective and shared purpose.

[Performance Management: Setting Goals and Managing Performance](#) – Set your employees up for success. Learn how to effectively manage employee performance and help your direct reports define and align smart goals.

[Recognizing and Rewarding Your Workers](#) – Learn how to employ recognition and reward strategies for motivating workers in the modern economy.