

# Mindful Moments.

Learn to manage your daily stress.



# Implementing this Learner Challenge.

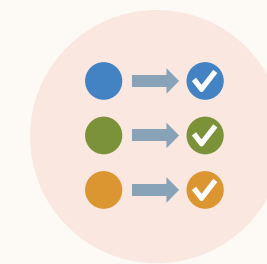


Learner Challenges are a great way to get your whole organization involved in learning.

With the resources in this toolkit, you can get started in a few simple steps:



Familiarize yourself with the learning calendar on [page 03](#)



Follow our recommended comms plan for your challenge on [page 04](#)



Get your whole organization involved on [page 08](#)

# Learner calendar.

The calendar in your download pack maps out a detailed learning journey for your team. It includes bite-sized courses that take 5-10 minutes to complete, helping your team to make time for learning.

Include this in your kick-off email to your learners on the first day of your challenge so they can track their journey as they go.

[Download calendar](#)



## Mindful Moments.

Discover new lessons every day which can be completed in around 5-10 minutes.



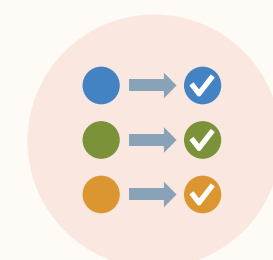
Monday	Tuesday	Wednesday	Thursday	Friday
<a href="#">How to Be the Highest Expression of Yourself</a> (3m 17s)	<a href="#">The Power of Presence</a> (2m 44s)  <b>Activity:</b> Set one goal or intention for this challenge	<a href="#">Identifying Stress</a> (8m 58s)	<b>Activity:</b> Build three short breaks per week into your schedule for the rest of the month	<a href="#">The Power of Presence</a> (2m 44s)  <b>Activity:</b> Think of one thing you appreciate in this moment
<a href="#">The Big Four</a> (7m 46s)	<b>Activity:</b> Take four mindful breaths.  - Sit up straight - Relax your shoulders - Hands on your belly - Breathe in for four seconds - Breathe out for four seconds	<a href="#">Ways to Ritualize Meaning Every Day</a> (2m 54s)  <b>Activity:</b> Think of one thing you're looking forward to in the next week	<a href="#">Mindfulness + Compassion = Moving from Me to We</a> (4m 4s)	<a href="#">Give Up Petty Control</a> (1m 55s)  <a href="#">What You Think Matters</a> (1m 53s)
<a href="#">The Forgiveness Formula</a> (5m 22s)	<a href="#">Mindfulness Is Not Just About Meditation</a> (3m 3s)	<a href="#">How to Find Your Life Purpose</a> (6m 45s)	<a href="#">Practice Self-Compassion and Mindfulness</a> (2m 19s)	<b>Reflection:</b> What were your biggest takeaways from the Mindful Moments challenge?

# Recommended comms plan for your challenge.

Follow this straightforward comms plan to guide your team at every step of your Learner Challenge.

With suggested messaging, and some practical tips and advice for creating engagement, this is all you need to launch a successful challenge.

You'll also find some themed images and banners in your download pack to add color to your emails and make them more eye-catching.



01

Choose a start date and send a launch email.

Use the email template on [page 06](#) of this toolkit to help you get started.



02

Send a reminder.

Do this a few days into the challenge to catch anyone who missed the first email.

**For example:** "In moments of stress, it's important to know what you can do to help manage it. This "Mindful Moments" challenge is a great starting point."

# Recommended comms plan for your challenge.



Promote your campaign on the learner homepage.

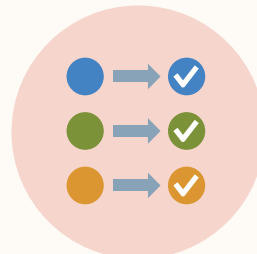
Find information about how to do this on [page 07](#).



Get your whole organization involved.

Find information about how to do this on [page 08](#).

[Download promotional banners](#)



03

## Prep for the final stretch.

A second reminder close to the end of the challenge will help spur your learners on.

**For example:** "There's still time to join our "Mindful Moments" learning challenge. Each section can be completed in 5-10 minutes, and you can focus on the sessions that you feel will benefit you most."



04

## Celebrate.

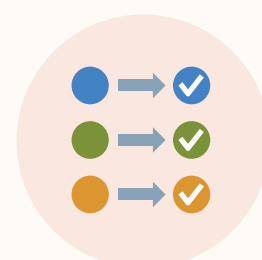
Send a positive wrap-up message to celebrate your team's effort.

**For example:** "Congratulations on completing the "Mindful Moments" learning challenge. Learning about ways to be more mindful can be a powerful tool to help manage stress, so well done!"

# Launch email template.

Use this email template to kick off your campaign and share the learning calendar with your team.

[Download email banners](#)



## Mindful Moments.



LinkedIn Learning

Hi Team,

While it's always my hope that you don't feel stressed out, sometimes it's inevitable.

That's why I'm excited to launch the "Mindful Moments" challenge, running from **<start date>** to **<end date>**, to help you manage when stress does start to creep in.

I've attached a calendar of selected LinkedIn Learning videos that can be completed in 5-10 minutes a day. These will help you:

- Build positive routines into your day.
- Learn to become more mindful in your personal and professional life.

I'll send a reminder later in the month, but it's worth starting early and staying on track. If you have any questions in the meantime, feel free to get in touch.

Happy learning!  
**<Name>**



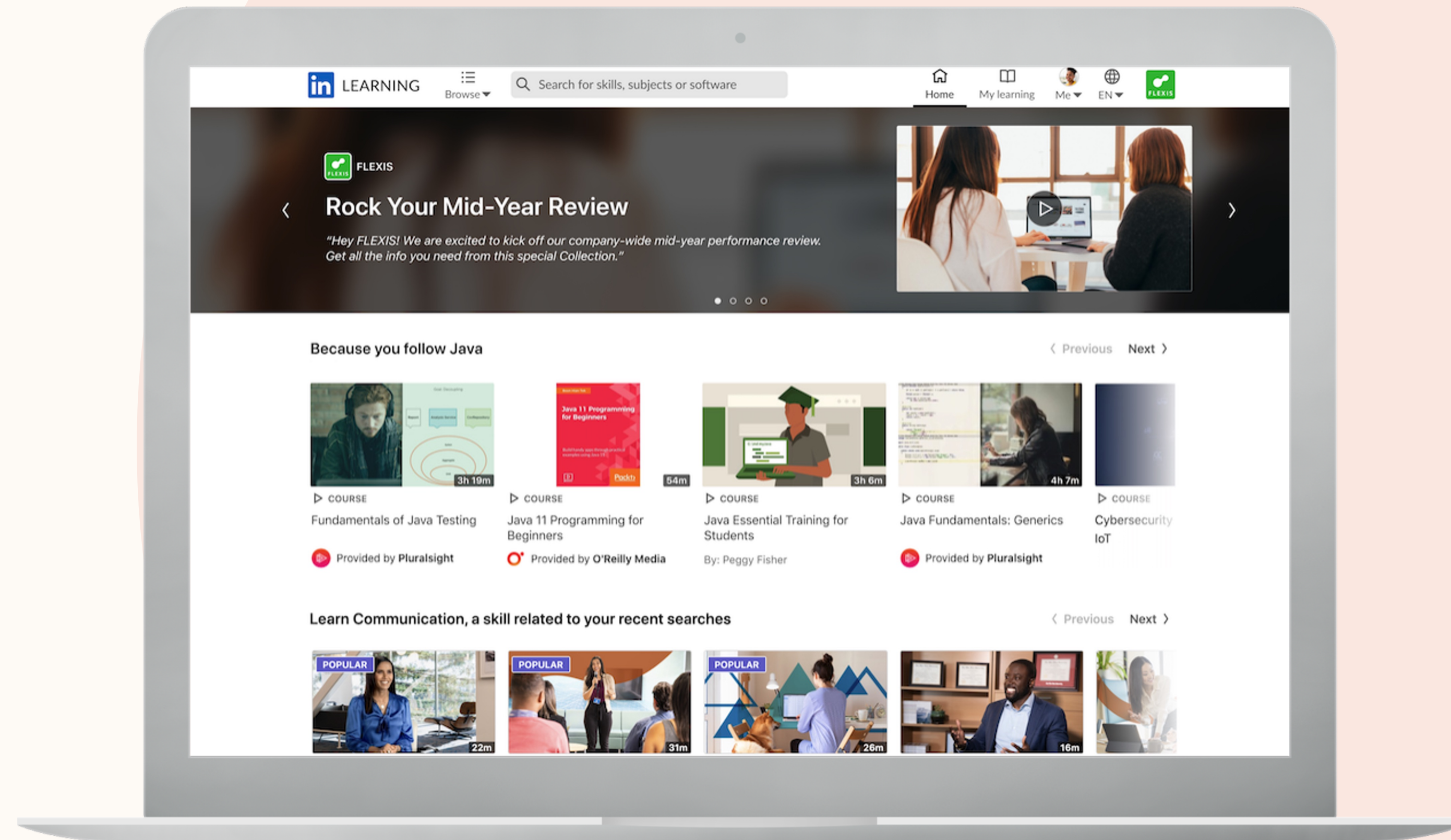
# Promote your campaign on the homepage.

With a [LinkedIn Learning Hub](#) account, you can promote Learner Challenges within your organization by creating a campaign that displays on the learner homepage.

The learner homepage banner is customizable and you can add your company logo to ensure your campaign stands out to your learners.

Click below to watch a short video on setting up your own homepage campaign.

[Watch now](#)



# Tips and tricks to get more people involved in your L&D goals.

LinkedIn data has shown that most team leads and executives are eager to support learning programs.

Here are a few ways to leverage executive influence to inspire employees to learn.



01

Have executives record a video or provide a one-sentence quote.

Be motivational and inspirational to get your team excited about learning, rather than feeling pressured to participate.

02

Include in organizational communications.

Gentle reminders go a long way. Especially if you acknowledge your appreciation that your team are using their free time for learning.

03

Cultivate friendly competition.

Make things competitive with goals and rewards for your top learners, in order to motivate more people to get involved.

04

Encourage your learners and team leads to share their favorite courses.

With so many courses available, it can be hard to know where to begin. Asking participants to share and discuss their favorite lessons is a great way to encourage conversation around the challenge and increase uptake.



# Thank you.

Don't forget to check out other  
Learner Challenges available  
on our website.

[See more Learner Challenges](#)