

CIVICA



Agylia eLearning Library

Health and Wellbeing Collections

Agylia Health and Wellbeing focuses on what your people have to know about this important subject. We look at the practical skills they need to take care of their own mental health and wellbeing, at work and at home.

The content is continuously refreshed to ensure your learners are always up-to-date.

The collection is easily added to your Agylia Learning Management System (LMS) and is fully responsive, providing a great user experience across desktop, tablet and mobile devices. Whether learners are in the office, at home, travelling or working away, they'll have access to their eLearning.

Health and wellbeing

Lessons include:

- Returning to work after Covid-19
- A guide for team leaders, managers and supervisors
- Remote working
- What is mental health and wellbeing?
- Stress
- Anxiety
- How to manage your wellbeing
- Personal resilience
- Train your brain
- Mindfulness and self-care
- Benefits of social interaction
- Get more help
- How are you feeling? Return to work (survey)
- How are you feeling? Working from home (survey)
- How are you feeling? Your wellbeing (survey).

Custom eLearning courses

Are you looking for eLearning courses with designs and outcomes to meet your exact needs? We have a team of highly skilled and experienced instructional designers who will create custom content to help you achieve your aims.

Find out more



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