

Self Care While Working Remotely



There are a wide range of resources within LinkedIn Learning which are available for staff in Queen's.

Self-care is very important while working remotely. The following courses are specifically relevant.

[Thriving @ Work - The Connection Between Wellbeing and Productivity](#)

[Developing Resourcefulness](#)

[Building Resilience](#)

[Finding Your Productive Mindset](#)

[Embracing Change](#)

To access these courses you must be logged in to your QUB LinkedIn Learning account. To request an account please complete our [licence request form](#).



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