



Resources *for Living*[®]

Leaders' guide to mental wellbeing resources

Supporting your team

One of the most important resources a company has is its employees. And one of the most significant tasks for managers and supervisors is supporting their teams.

Check out the information below for ideas to help you support your team with meeting their professional and personal goals.

We're here for you and your team 24/7/365. Call us for support with any work-related or personal issues you may be facing.



Lately in Leadership Podcast: Career development | Transcript

Brooke Wilson joins the Lately in Leadership podcast to discuss creating a professional development mindset.



Coping when your team is short-staffed

There may be times when you find yourself leading a team that is short-staffed. How can you meet that challenge and help protect your team from burnout?



Return to work: Re-engaging your team

Here are some ways to make the transition back to the office smoother and re-engage employees as they return.



Suggested trainings

Motivating your staff and improving morale: APDM10004

Neurodiversity in the workplace: APDM9003

[Training catalog](#) | [Training request form](#)

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