

## Resources to support you in the times of disruption

<b>Coursera</b>	
<a href="#">Coursera for the Macquarie Response Program</a>	<p><i>A range of literally hundreds of programs designed by and for Universities, currently free to all Macquarie University staff – some examples listed below:</i></p> <ul style="list-style-type: none"> <li>• <i>Information &amp; Digital Literacy for University Success</i></li> <li>• <i>Excel Skills for Business: Essentials</i></li> <li>• <i>Presentation skills: Speechwriting and Storytelling</i></li> <li>• <i>Conversations That Inspire: Coaching Learning, Leadership and Change</i></li> <li>• <i>Managing Project Risks and Changes</i></li> <li>• <i>Setting Expectations &amp; Assessing Performance Issues</i></li> <li>• <i>Coaching Practices</i></li> <li>• <i>Analysing Complexity</i></li> <li>• <i>Mindshift: Break Through Obstacles to Learning and Discover Your Hidden Potential</i></li> <li>• <i>Managing Project Risks and Changes</i></li> <li>• <i>Relationship Management</i></li> </ul>
<b>TedTalks – Managing Uncertainty and Change</b>	
<a href="#">Global unpredictability</a>	<p><i>Global unpredictability, understanding complexity and how small things can have big impacts – using polka as an analogy (approx. 18 mins)</i></p>
<a href="#">How changing your mindset can help you embrace change</a>	<p><i>How changing your mindset can help you embrace change using 4 steps to help. Initiating change and bringing it into action – both for planned and unplanned change (approx. 10 mins)</i></p>

<b>LinkedIn Courses - Managing Uncertainty and Change</b>	
<a href="#">Targeting the brain to manage uncertainty at work</a>	<i>Learn how to change your brain to manage uncertainty. Find out how to apply the latest findings from the field of neuroscience (approx. 16 mins)</i>
<a href="#">Embracing Unexpected Change</a>	<i>This course looks at putting change in context, creating perspective, building personal resilience and provides an example of effectively coping with change (approx. 12 mins)</i>
<b>LinkedIn – Stress Management</b>	
<a href="#">Building Resilience</a>	<i>This course offers practical steps you can take to build resilience over time by changing how we process negative events and by expressing gratitude for the good things in our life. Appropriate for all (20 Minutes)</i>
<a href="#">Managing Stress for Positive Change</a>	<i>Train yourself to use stress in more effective ways; and what managers can do to reduce employee stress when an organisation experiences difficult times. Appropriate for all (57 minutes)</i>
<a href="#">Managing in Difficult Times</a>	<i>As a leader you will learn important tools for keeping you and your team focused, inspired, and effective during times of change or crisis. Appropriate for all (1 hour, 7 minutes)</i>
<a href="#">Anger Management</a>	<i>Identify your triggers, how to get to the root of your anger, and how to channel anger to your highest good. Beginner (1 hour).</i>

<a href="#">Learning how to unplug and recharge</a>	<i>Learn how to: recharge, reconnect with yourself, identify your triggers, meditate, find hidden tension, track energy and movement. Appropriate for all (37 minutes)</i>
<b>LinkedIn – Mindfulness</b>	
<a href="#">Happiness tips</a>	<i>Learn practical, actionable techniques for finding more time for the things you love and maximizing your day-to-day happiness.</i>
<a href="#">Mindfulness</a>	<i>Discover the fundamentals of mindfulness and learn step-by-step methods that will help you deal with stress, anxiety, fear, worry, and self-doubt, and how to increase confidence, peak performance, and connection with others.</i>
<a href="#">Meditation and Sleep</a>	<i>Learn about the benefits of meditation and sleep.</i>
<b>LinkedIn - Positivity</b>	
<a href="#">Facing Challenges with Gratitude and Forgiveness</a>	<i>Discover how to face challenges, consider the impact of your attitude, practice forgiveness and gratitude, identify feats and reflect. Appropriate for all (34 minutes)</i>
<a href="#">Communicating with Empathy</a>	<i>Learn the principles of empathetic communication and specific strategies to help improve your approach to difficult conversations. Beginner (1 hour, 14 minutes)</i>
<a href="#">Understanding the link between Giving and Success</a>	<i>Discover the link between giving and success, by putting life into context, the power of giving, defining your own success. Appropriate for all (24 minutes)</i>

