

# Skills to Flourish



## Build Positive Emotions

Understand negativity bias, learn how to experience more positive emotions, and train your brain to focus on possibilities over problems – leading to a more energized outlook.



## Foster Positive Relationships

Build trust, improve communication, and strengthen emotional bonds by focusing on small, consistent actions that nurture strong, healthy relationships.



## Discover Your Purpose

Identify your strengths, passions, and values to create a clear sense of purpose that guides your choices and energizes your daily life.



## Learn Optimism

Practice flexible thinking that helps you approach challenges with confidence, turn setbacks into growth, and build lasting resilience.



## Embrace Forgiveness

Learn to forgive yourself and others, letting go of painful experiences to experience the joy of the present moment.



## Develop Resilience

Build the habits and mindsets that help you recover, grow, and emerge stronger through life's challenges.



## Master Your Stories

Explore how the stories you tell yourself shape your emotions and behaviors – and how to shift them to feel better, improve relationships, and drive better performance.



## Grow Your EQ

Strengthen your self-awareness, empathy, and communication skills to better connect with others and navigate conflict.



## Practice Gratitude

Develop small daily habits that boost your health and happiness by recognizing and appreciating the good around you, even during challenging times.



## Manage Energy

Discover ways to expand and renew your physical, mental, emotional, and spiritual energy to stay focused, healthy, and motivated.



## Lead with Mindfulness

Practice mindfulness techniques to stay present, manage stress, build emotional awareness, and experience greater calm and clarity.



## Succeed with Goals & Habits

Learn why small changes matter most, and build the skills to set meaningful goals and create sustainable habits that drive long-term success.