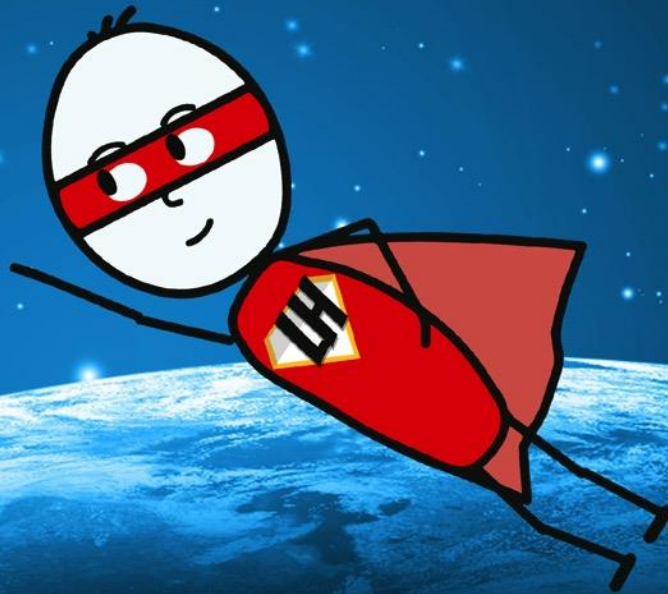


# LITMOS HEROES

Saving the world *from* boring learning



## Release Notes

12. January. 2018

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# Communication and Social Skills

Code	Title	Type	Region
LC25261	Interview Communication	Litmos Studios	Global
LC25262	Overcoming Barriers to Workplace Communication	Litmos Studios	Global
LC25263	Proper Grammar - Adjectives	Litmos Studios	U.S.
LC25264	Proper Grammar - Introduction to Verbs	Litmos Studios	U.S.
LC25272	Lead by Listening	Litmos Studios	Global
LC25273	The Business of Communication	Litmos Studios	Global
LC25279	Understanding Communication	Litmos Studios	Global
LC25280	Understanding Linear and Circular Communication Styles	Litmos Studios	Global
LC25285	Communication Channels	Litmos Studios	Global
LC25290	Advanced Spelling - Suffixes and Capitalization	Litmos Studios	U.S.
LC25301	Communication and Channels	Litmos Studios	Global
LC25302	Communication Barriers	Litmos Studios	Global

**Description:**

Communication and social skills are an imperative part of any job and can easily be the difference between success and failure. Each of these 10-25 minutes courses guides you through simple steps you can take to improve your interview, writing, and communication skills.

# Conflict Management

Code	Title	Type	Region
LC25267	Handling Conflicts in Low-Value Relationships	Litmos Studios	Global
LC25275	Managing Conflict	Litmos Studios	Global
LC25282	Productive Conflict Resolution - An Introduction	Litmos Studios	Global
LC25283	Managing Conflict in the Workplace	Litmos Studios	Global
LC25284	Win-Win Negotiations for Conflict Resolution	Litmos Studios	Global
LC25287	Understanding Conflict in the Workplace	Litmos Studios	Global

**Description:**

There are many potential root causes for conflict—no organization can function if its members do not communicate effectively and understand each other. Few businesses can grow without innovation and refinement. If you understand the common ways in which conflict can bloom, you will be better equipped to prevent conflict from getting in the way of your operations. Each of these 10-minute courses provides strategies for successful interactions.

# Health and Wellbeing

Code	Title	Type	Region
LC25265	De-stressing your Inner and Outer World	Litmos Studios	Global
LC25266	Understanding Emotion	Litmos Studios	Global
LC25274	Reducing Stress - Meditation and Visualization	Litmos Studios	Global
LC25281	What Can Be Done About Job Stress	Litmos Studios	Global
LC25286	Stress at Work	Litmos Studios	Global
LC25291	Stress Management - Taking Care of Yourself	Litmos Studios	Global
LC25298	Managing Employee Stress	Litmos Studios	Global
LC25300	What is Stress	Litmos Studios	Global

**Description:**

Stress is a part of life that everyone deals with. While a little pressure can be a good thing, too much stress can be dangerous. Preventing job stress, and addressing it when it does happen, is an important part of your everyday work. In these courses, you'll learn strategies for dealing with work-related stress. Each of these 10-minute courses offers ways to recognize and eliminate stress. Namaste.

# Leadership and Management

Code	Title	Type	Region
LC25268	Managing Team Development	Litmos Studios	Global
LC25269	Managing Teams	Litmos Studios	Global
LC25270	Why Teamwork Works	Litmos Studios	Global
LC25276	Increasing Team Effectiveness	Litmos Studios	Global
LC25277	Team Autonomy and Degrees of Freedom	Litmos Studios	Global
LC25278	Team Training, Compensation, and Recognition	Litmos Studios	Global
LC25288	Work Team Characteristics	Litmos Studios	Global
LC25289	Work Teams - Types and Environments	Litmos Studios	Global
LC25292	Team Design Characteristics	Litmos Studios	Global
LC25293	The Team and its Members	Litmos Studios	Global
LC25294	The Team and the Organization	Litmos Studios	Global
LC25296	Designing Effective Teams	Litmos Studios	Global
LC25297	Key Tools and Knowledge for Team Leading	Litmos Studios	Global
LC25299	Group Dynamics	Litmos Studios	Global

**Description:**

A sound manager and strong work team is invaluable to any business; people work much more effectively when they have the freedom to make decisions about the work they're doing. However, when a team is ineffectively managed, it can interfere with productivity. Each of these 10-20 minute courses offers ways to build and manage effective teams, so that it's a benefit rather than a detriment.

# Human Resources

Code	Title	Type	Region
LC25271	Exploring Latino Culture	Litmos Studios	Global
LC25295	Exploring Russian Culture	Litmos Studios	Global

**Description:**

You probably know the right ways to engage with others from your own culture. However, with today's diverse workplace, it's important that you understand the norms of other cultures including Latino and Russian cultures. These 10-15 minute courses walk you through the regional differences and languages to help you create an inclusive workplace for all employees.

# Personal Development

Code	Title	Type	Region
LH10016	Introduction to NLP	Litmos Heroes	Global

***Description:***

NLP, or neuro-linguistic programming, is pervasive in so many walks of life that even if you're not familiar with it, you've probably come across it in some way. If you want to find out a bit more about this ubiquitous theory, as well as some of its practices, check this course out.



# 60-Second Skills

Code	Title	Type	Region
LH03001	Inclusive Leadership	Litmos Heroes	Global
LH03002	Mentoring	Litmos Heroes	Global
LH03003	Self-Limiting Beliefs	Litmos Heroes	Global
LH03004	Personal Branding	Litmos Heroes	Global

**Description:**

Instead of getting that tenth cup of coffee, you could sit down and learn something new in a snap. These short snippets will awaken your brain and create some new neurons. Your brain (and your stomach), will thank you later.



#### **About Litmos Heroes**

Backed by CallidusCloud (NASDAQ: CALD), Litmos is the world's fastest growing enterprise learning solution. It unifies learning management, the extended enterprise, and prepackaged content in an innovative platform to meet any organization's internal and external training needs. Built to help learning organizations achieve success, Litmos is highly secure, focuses on the end user, and provides time to value three times faster than traditional learning solutions. Over 4 million users in more than 130 countries and 22 languages use Litmos to optimize their learning and development, improve performance, and monetize training.

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