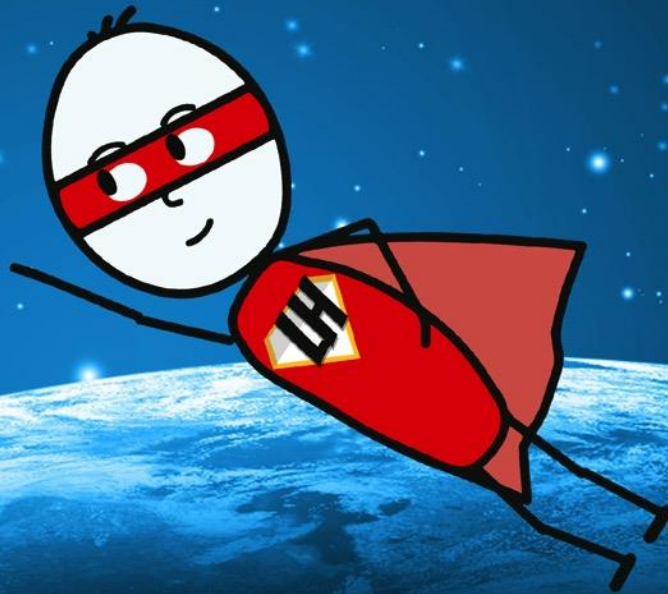


LITMOS HEROES

Saving the world *from* boring learning



Release Notes
26-February-2018

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Health and Wellbeing

Code	Title	Duration	Region
LH14011	CBT and Mental Health - Borderline Personality Disorder	2 minutes	Global

Description:

Borderline personality disorder is a mental health condition marked by mood swings and unstable behavior. In this course you will learn key information about the condition, how to recognize and define the four different symptom groups and some BPD strategies.

Personal Development

Code	Title	Duration	Region
LH10017	The Public Speaking Guru - Confidence Builder	10 minutes	Global

Description:

This course will give you the tools to build your public speaking confidence and overcome your stage fright. You can use it to help yourself feel more prepared for your work speeches or presentations and develop your confidence and communications. You'll be ready to go when you win that Oscar!

60 Second Skills

Code	Title	Duration	Region
LH03009	Life Hacks - Work/Life Balance	1 minute	Global

Description:

Work/life balance is an expression used to describe the time we divide between our work life and our home and social life. Often, the balance can be tilted too far one way. Sure, it's important to do a great job at work and to progress in our careers. However, it's bad to forget the other aspects of your life that deserve your time and attention. You know – the other ones that make you happy. We'll highlight some downsides of an unbalanced life, and advise you on how to make some changes. Check it out before you check your email, you'll feel more balanced!



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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