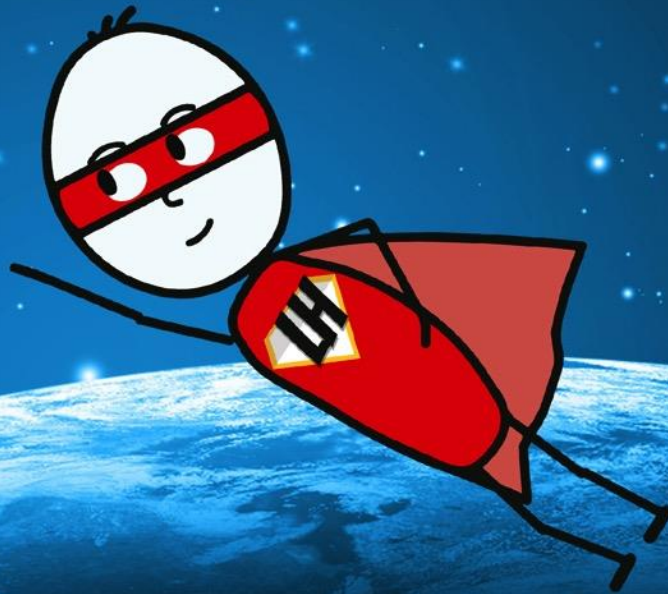


# LITMOS HEROES

Saving the world *from* boring learning



## Release Notes

19-October-2018

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# 60 Second Skills

Code	Title	Duration	Region
LH03027	Leadership and Management - Stress Management	1 minute	Global

**Description:**

Stress is an unfortunate part of life, but you can't let it rule your life. Understanding what causes stress and its effect on your health, is the first step in learning to recognize it and control it. We've condensed all the essential pieces of information into this short, snappy 60-minute stress free course!

# Sales Mastery

Code	Title	Duration	Region
LH60021	Navigating Gatekeepers	5 minutes	Global
LH60022	Effective Listening	5 minutes	Global
LH60028	Time Management	5 minutes	Global
LH60029	Sales Channel Partnerships	5 minutes	Global

**Description:**

You have a product or service. It's great. People buy it. If only it were that easy! We know that the sales cycle is a complicated process that requires attention and cultivation at each step. We've got you covered! These five-minute courses provide you the tools to improve your selling skills and grow your pipeline.

# Human Resources

Code	Title	Duration	Region
LH70010	Defining HR (2018)	5 minutes	UK/EU
LH70011	Importance of Training (2018)	5 minutes	UK/EU

**Description:**

The regulations and expectations of Human Resources are always changing and it's important to stay on top of it in order to stay compliant. That's why we're releasing two new 2018 versions of these critical courses in the Human Resources collection. We're also working on updating the entire collection. Stay tuned for more information.



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