

EVENTS SCHEDULE

humanest



Get Started

available starting

Mar 4

Improve Your Listening Skills

Learn step by step strategies to become a better listener with friends, family, colleagues, or clients.

- ✓ become a more effective communicator
- ✓ develop improved relationships
- ✓ help others feel heard, decreasing stress for them...and you

5 days of text-based exercises, with unlimited personalized, interactive guidance and support from your instructor and others.



Supporting Others with Mental Health

available starting

Mar 11

Based on scientifically-proven models of care, compiled by experts.

- ✓ actionable tips to become an empathetic, informed, and compassionate mental health ally
- ✓ become a source of comfort, encouragement, and practical guidance for those navigating emotional challenges

5 text-based lessons over 5 days, with unlimited personalized, interactive guidance and support from your instructor and others.



available starting

Mar 18

Reduce Stress with CBT

Actionable exercises based on Cognitive Behavioral Therapy (CBT) to gain:

- ✓ insight and understanding into your personal thought and behavior patterns,
- ✓ tangible tools you can put into practice right away in your day to day life.

Two weeks of text-based exercises, with unlimited personalized, interactive guidance and support from your instructor and others.

