

EVENTS SCHEDULE

humanest



Get Started

April 2024

available on demand

Now

Build Self Confidence

Based on Cognitive Behavioral Therapy, learn powerful tools to:

- ✓ enhance your self-awareness,
- ✓ challenge unhealthy patterns, and
- ✓ improve your relationship with yourself.

Two weeks of text-based exercises that can be done at your convenience.



Enhancing Emotional Resilience

available starting

Apr 1

Scientifically backed tools to improve coping, and support to thrive.

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

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



available on demand

Now

Tools for Healthy Communication

Throughout this course, you will learn skills and practical tools to:

- ✓ build healthier relationships,
- ✓ communicate more effectively, and
- ✓ set boundaries to honor your needs and allow your relationships to grow.

Two weeks of text-based exercises that can be done at your convenience.

