

# WORK LIFE & WELLNESS AT OSU



## ADVANTAGE HOME PLUS HOMEOWNERSHIP BENEFITS

*A unique homeownership program that can provide you with financial education, resources, significant savings when buying, selling, or refinancing a home, and access to non-commissioned advisors who can guide you every step of the way.*

Your personal benefits advisor works with your needs in mind and at your pace, offering helpful tips and suggestions on how you can create a better financial position to help you gain access to the best options when the time is right for you. Your Advantage Home Plus advisor will have a personal conversation with you to gain an understanding of your goals, needs and what's important to you. Then they'll assist you in sorting through your options, help you create a plan and guide you on how to maximize the benefits of your unique Employee Homeownership Program to your advantage.

**Schedule a time to talk here**

CLICK ON ANY TITLE TO REGISTER OR LEARN MORE!

MAR  
7

12 PM | PEBB WEBMD  
BRAIN BREAK

MAR  
15

9 AM | CARE.COM'S  
EMBRACING EQUITY AT  
WORK AND AT HOME

MAR  
8

10 AM | CARE TALK  
MANAGING YOUR MONEY  
IN TOUGH TIMES

MAR  
16

10 AM | CARE TALK  
STRATEGIES FOR  
WORKING COUPLES

MAR  
9

9 AM | BEYOND BENEFITS  
USING KINDNESS TO ACHIEVE  
PERSONAL SUCCESS AND  
HAPPINESS

MAR  
21

12 PM | BEYOND BENEFITS  
COPING WITH A CRISIS OR  
TRAUMATIC EVENT

MAR  
9

1 PM | KAISER  
USING MINDFULNESS TO  
MANAGE STRESSORS IN  
EVERYDAY LIFE

MAR  
21

12 PM | WW  
GUIDE TO TACKLING  
EMOTIONAL EATING

MAR  
14

12 PM | PEBB WEBMD  
BRAIN BREAK

MAR  
22

10 AM | CARE TALKS  
SUMMER PLANNING FOR  
FAMILIES

MAR  
14

10 AM | CARE TALK  
CARING FOR YOUR OLDER  
CHILD WITH SPECIAL  
NEEDS/DISABILITY

MAR  
22

12 PM | PEBB MODA  
LOWER BACK AND HIP  
HEALTH

MAR  
15

10 AM | CARE TALK  
DECLUTTER YOUR OLDER  
LOVED ONES HOME

MAR  
23

10 AM | CARE TALKS  
GREEN TIPS FOR THE  
HOME

# LINKEDIN LEARNING

*LinkedIn Learning is an online educational platform provided at no cost to OSU Faculty and Staff that helps you discover and develop business, technology-related, and creative skills through expert-led course videos. With over 16,000 courses and personalized recommendations, you can discover, complete, and track courses related to your field and interests.*

**Log In to LinkedIn Learning Here**

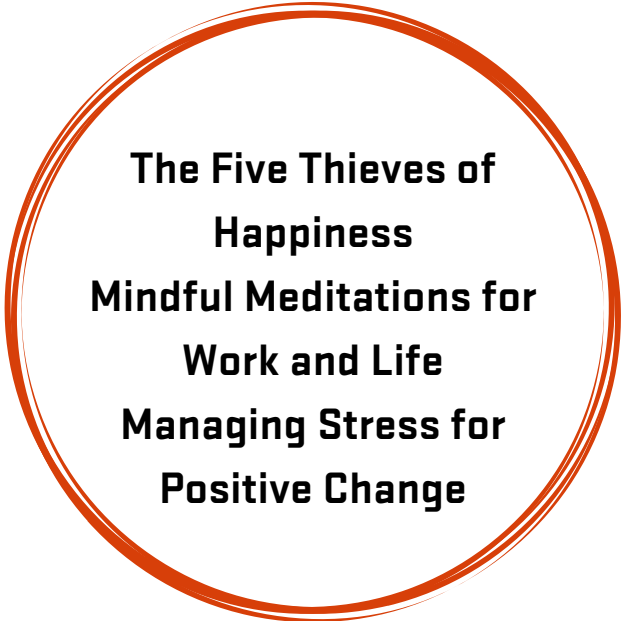
## Here are some learning suggestions to help get you started

### Career Development




**Sharing Your Best Self at Work**  
**One Minute Habits of Success**  
**Discovering Your Strength**

### Wellbeing



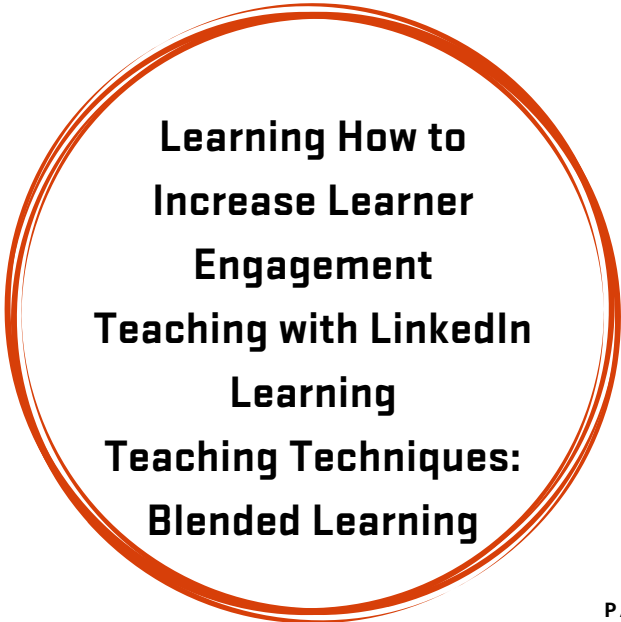
**The Five Thieves of Happiness**  
**Mindful Meditations for Work and Life**  
**Managing Stress for Positive Change**

### Work Life



**How to Organize Your Time and Your Life**  
**Aligning Your Values with Work, Life, and Everything In Between**  
**Manage Burnout at Work with These Simple Strategies**

### Teaching with Technology



**Learning How to Increase Learner Engagement**  
**Teaching with LinkedIn Learning**  
**Teaching Techniques: Blended Learning**