



**CASE WESTERN RESERVE
UNIVERSITY**
Department of
Human Resources

Career Well-Being Incentive Program

Prepared for: Self-study participants

Program goals: To equip members of the CWRU community with knowledge and resources to responsibly participate in political conversations, cope with subject matter which feels heavy, and increase capacity for collaboration amongst differing viewpoints.

Career Well-being incentive category: Professional Development Training Session Participation

Workshop 1: LinkedIn Learning Training: [Difficult Conversations About Politics at Work](#)

This is an on-demand workshop. Complete on your own time.

Total time: 24 minutes

Workshop 2: LinkedIn Learning Training: [Skills for Inclusive Conversations](#)

This is an on-demand workshop. Complete on your own time.

Total time: 53 minutes

Workshop 3: Academic Impressions Training: [Get Comfortable Being Uncomfortable: Engaging in Dialogue About Freedom, Favoritism, and Fairness](#)

This is a live session scheduled for Tuesday September 24, 2024 at 1:00 p.m.

Total time: 120 minutes

Workshop 4: LinkedIn Learning Training: [Managing Your Emotional Response to Workplace Stress](#)

This is an on-demand workshop. Complete on your own time.

Total time: 40 minutes

Workshop 5: LinkedIn Learning Training: [Managing Your Post-pandemic, Anxiety-Triggered Brain](#)

This is an on-demand workshop. Complete on your own time.

Total time: 38 minutes

Workshop 6: LinkedIn Learning Training: [A Guide to Setting Boundaries in the Modern Workplace](#)

This is an on-demand workshop. Complete on your own time.

Total time: 74 minutes

Workshop 7: LinkedIn Learning Training: [Become a Trauma Informed Leader](#)

This is an on-demand workshop. Complete on your own time.

Total time: 45 minutes



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Workshop 8: Academic Impressions Training: [Increasing Emotional Intelligence by Identifying Your Triggers](#)

This is an on-demand workshop. Complete on your own time.

Total time: 41 minutes

Workshop 9: Academic Impressions Training: [Manage Your Emotional Labor in the Workplace](#)

This is an on-demand workshop. Complete on your own time.

Total time: 87 minutes

Total workshop participation time: 8 hours, 42 minutes (522 minutes)

Training Track Instructions: look over this list of workshops and make sure they are of interest and relevance to your goals and work. **Once you are ready to move forward, you are required to meet with the Career Development Manager to discuss program requirements and to receive your tracking log.** If you have not done so already, you will also need to activate your free [LinkedIn Learning](#) and [Academic Impressions](#) accounts to access some of the above training programs. Make sure that you register for any live event. If you have questions or are ready to move forward with this self-study plan, please schedule an introductory [career development consultation](#).

Wellness Program Requirements

Regular participation over a multi-week period is necessary to be eligible for this incentive. Staff members need to complete **at least 7**, one-hour long assignments or a total of 7 hours of combined programming to meet incentive requirements. For this reason, plans created by the PDC will consist of 8 or more activities/engagements. [Monthly Wellness Incentive](#) recipients who have met the requirements to earn the Career Well-being Program Incentive must attest to meeting the requirements in HCM. The attestation forms are available in HCM starting in April of each year, and attestations must be submitted no later than November 30. For full program details, please visit the [Wellness Program website](#).

*As this is a self-guided program, **it is imperative that you should keep a record of your progress.*** Per Wellness Program requirements, participant attestation in HCM certifies participation in on-site or off-site programs that met the university's participation guidelines. You must have documentation of this participation available should there be an incentive recipient audit. A log will be provided to you, but you are welcome to design your own method of tracking your participation.

Questions related to the above plan should be sent to the Career Development Manager, Andrea Hess, at axh479@case.edu.