# MICROSOFT OFFICE





### **Microsoft Office Professional**

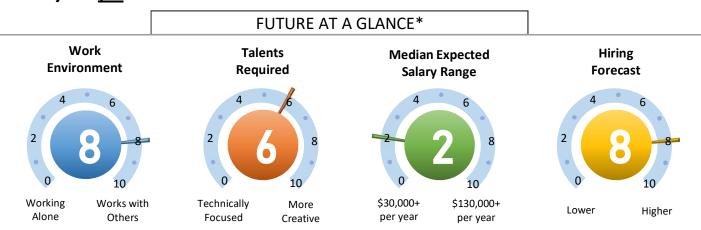
Every office has that one person who knows how to answer computer questions that come up. They're a key member of the team and the one that everyone relies on to make their workday go smoothly. This role rewards you by serving others to relieve stress, increase productivity and get things done. With this training course, you'll learn the most popular computer programs in the world including Word, Excel, Outlook and PowerPoint. This is your jumpstart to a career in IT and baseline technical knowledge you'll use and share every day moving forward. Holding a MOS certification and increasing your customer service skills can result in earning an entry-level business employee as much as \$16,000 more in annual salary than uncertified peers.

What will you do with it? With this certification, you'll become the Microsoft Office pro and you'll be equipped to be the VIP of a single office team or offer computer support on a help desk. The bulk of your day will be spent troubleshooting and training users that are experiencing problems with Microsoft Office. By spending time thoughtfully teaching the users, you'll share your knowledge and improve their proficiency, too.

#### **Personal Skills Needed**

- Active Listening
- Communication
- Reading Comprehension
- Service Orientation
- Written Expression

#### Does this job fit you?



#### Your New Understanding and Skills Include:

• Expertise in Microsoft Office, specifically Working with Spreadsheets, Communicating with Email, Working with Documents and Presentation

#### Other Career Paths Available But Not Limited To:

- Office Administrator
- Customer Service Representative
- Administrative Specialist
- Office Assistant
- Business Manager



#### Program Includes:

- 80 hours of live Microsoft Office Training (with free re-take option)
- Preparatory Materials for the Certification Exams (4)
- Practice Exams for the Certification Exams (4)
- Certification Exams: Microsoft Office Word, Excel, PowerPoint, Outlook
- 48 professional published works covering areas such as:

Advanced Macros Power Pivots/Pivot Tables Office 365/Cloud
Presentation Skills Dashboards Financial Modeling
Microsoft Teams VBA Programming Automating Workflows

#### Successful Completion of this Program Includes:

- Learning the skills needed to become a Microsoft Office Professional
- Earning the Microsoft Office Specialist Certification Designation
- Learning a multitude of interpersonal, professional, and office skills to help you become successful in your new career!
- (Program includes access to over 1,000 self-paced certified On-Line Anytime (OLA) Courses, Books and Videos to assist you after you are employed in your new career.)

Program Format: Online, in person and self-study

Time: 8 Weeks Cost: \$5,860



Classes and materials provided by New Horizons of Wisconsin, the state's largest technology and business skills training organization. All classes are certified and/or authorized by the developer.

This program is approved by the Wisconsin Department of Workforce Development and is listed on the Eligible Training Provider List (ETPL) Portal.

Microsoft Office Specialist (MOS) is one of the top three skills required for jobs today. It is no surprise that MOS is the world's largest IT certification program in the world. Learners will be able to demonstrate they get the most out of Microsoft Office and maximize their productivity by earning a Microsoft Office Specialist certification in a specific Microsoft Office program – Word, Excel, PowerPoint, Access, OneNote, SharePoint or Outlook.

One of the many benefits of the Microsoft Office program is that it spans across a wide variety of professions. Microsoft Office Specialist skills are in such high demand that learners will be able to put this new knowledge into practice immediately. An astounding 85% of supervisors say Microsoft Office certified employees are more productive!







### 1 - GETTING STARTED WITH WORD 2019

- ☐ Topic A: Navigate in Microsoft Word☐ Topic B: Create and Save Word☐ Documents
- Topic C: Manage Your Workspace
- Topic D: Edit Documents
- Topic E: Preview and Print Documents
- Topic F: Customize the Word
   Fnyironment

#### 2 - FORMATTING TEXT AND

- **PARAGRAPHS**
- Topic A: Apply Character Formatting
- Topic B: Control Paragraph Layout
- Topic C: Align Text Using Tabs
- Topic D: Display Text in Bulleted or Numbered Lists
- Topic E: Apply Borders and Shading

#### 3 - WORKING MORE EFFICIENTLY

- Topic A: Make Repetitive Edits
- Topic B: Apply Repetitive Formatting
- □ Topic C: Use Styles to Streamline Repetitive Formatting Tasks

#### 4 - MANAGING LISTS

- Topic A: Sort a List
- Topic B: Format a List

#### 5 - ADDING TABLES

- Topic A: Insert a Table
- Topic B: Modify a Table
- Topic C: Format a Table
- Topic D: Convert Text to a Table

#### 6 - INSERTING GRAPHIC OBJECTS

- Topic A: Insert Symbols and Special Characters
- Topic B: Add Images to a Document

#### 7 - CONTROLLING PAGE APPEARANCE

- Topic A: Apply a Page Border and Color
- I Topic B: Add Headers and Footers
- Topic C: Control Page Layout
- Topic D: Add a Watermark

### 8 - PREPARING TO PUBLISH A DOCUMENT

- Topic A: Check Spelling, Grammar, and Readability
- Topic B: Use Research Tools

- Topic C: Check Accessibility
- □ Topic D: Save a Document to Other Formats

#### DAY 2:

#### 1 - ORGANIZING CONTENT USING

#### **TABLES AND CHARTS**

- Topic A: Sort Table Data
- Topic B: Control Cell Layout
- Topic C: Perform Calculations in a Table
- Topic D: Create a Chart
- Topic E: Add an Excel Table to a Word Document (Optional)

#### ${\bf 2}$ - Customizing formats using

#### STYLES AND THEMES

- Topic A: Create and Modify Text Styles
- Topic B: Create Custom List or Table
- Topic C: Apply Document Themes

### 3 - INSERTING CONTENT USING QUICK

- Topic A: Insert Building Blocks
- Topic B: Create and Modify Building Blocks
- Topic C: Insert Fields Using Quick Parts

### 4 - USING TEMPLATES TO AUTOMATE DOCUMENT FORMATTING

- Topic A: Create a Document Using a Template
- Topic B: Create and Modify a Template
- Topic C: Manage Templates with the Template Organizer

### 5 - CONTROLLING THE FLOW OF A DOCUMENT

- Topic A: Control Paragraph Flow
- Topic B: Insert Section Breaks
- Topic C: Insert Columns
- ☐ Topic D: Link Text Boxes to Control Text

### 6 - SIMPLIFYING AND MANAGING LONG DOCUMENTS

- Topic A: Insert Blank and Cover Pages
- Topic B: Insert an Index
- Topic C: Insert a Table of Contents
- Topic D: Insert an Ancillary Table
- Topic E: Manage Outlines

#### Topic F: Create a Master Document

#### 7 - USING MAIL MERGE TO CREATE LETTERS, ENVELOPES, AND LABELS

- Topic A: Use Mail Merge
- Topic B: Merge Envelopes and Labels

#### Day 3:

#### 1 - MANIPULATING IMAGES

- Topic A: Integrate Pictures and Text
- Topic B: Adjust Image Appearance
- Topic C: Insert Other Media Elements

#### 2 - USING CUSTOM GRAPHIC

#### ELEMENTS

- Topic A: Create Text Boxes and Pull Quotes
- ☐ Topic B: Add WordArt and Other Text Effects
- Topic C: Draw Shapes
- ☐ Topic D: Create Complex Illustrations with SmartArt

#### 3 - COLLABORATING ON DOCUMENTS

- □ Topic A: Prepare a Document for Collaboration
- Topic B: Mark Up a Document
- Topic C: Review Markups
- Topic D: Merge Changes from Other Documents

### 4 - ADDING DOCUMENT REFERENCES AND LINKS

- Topic A: Add Captions
- Topic B: Add Cross-References
- Topic C: Add Bookmarks
- Topic D: Add Hyperlinks
- Topic E: Insert Footnotes and Endnotes
- Topic F: Add Citations and a Bibliography

#### 5 - SECURING A DOCUMENT

- Topic A: Suppress Information
- Topic B: Set Formatting and Editing Restrictions
- □ Topic C: Restrict Document Access
- □ Topic D: Add a Digital Signature to a Document

### 6 - USING FORMS TO MANAGE CONTENT

- Topic A: Create Forms
- Topic B: Modify Forms



# 1 - GETTING STARTED WITH EXCEL 2019

- Topic A: Navigate the Excel User Interface
- Topic B: Use Excel Commands
- □ Topic C: Create and Save a Basic Workbook
- Topic D: Enter Cell Data
- Topic E: Use Excel Help

### 2 - PERFORMING CALCULATIONS

- Topic A: Create Worksheet Formulas
- Topic B: Insert Functions
- Topic C: Reuse Formulas and Functions

### 3 - MODIFYING A WORKSHEET

- Topic A: Insert, Delete, and Adjust Cells, Columns, and Rows
- Topic B: Search for and Replace Data
- Topic C: Use Proofing and Research Tools

### 4 - FORMATTING A WORKSHEET

- Topic A: Apply Text Formats
- ☐ Topic B: Apply Number Formats
- Topic C: Align Cell Contents
- ☐ Topic D: Apply Styles and Themes
- Topic E: Apply BasicConditional Formatting
- Topic F: Create and Use Templates

#### 5 - PRINTING WORKBOOKS

- □ Topic A: Preview and Print a Workbook
- ☐ Topic B: Set Up the Page
- Topic C: Configure Headers and Footers

#### 6 - MANAGING WORKBOOKS

- Topic A: Manage Worksheets
- Topic B: Manage Workbook and Worksheet Views
- ☐ Topic C: Manage Workbook Properties

#### DAY 2:

# 1 - WORKING WITH FUNCTIONS

- Topic A: Work with Ranges
- Topic B: Use Specialized
- Functions
- Topic C: Work with Logical Functions
- Topic D: Work with Date and
- Time Functions

  Topic E: Work with Text
- Functions

#### 2 - WORKING WITH LISTS

- Topic A: Sort Data
- Topic B: Filter Data
- Topic C: Query Data with
- **Database Functions**
- Topic D: Outline and Subtotal Data

#### 3 - ANALYZING DATA

- Topic A: Create and Modify Tables
- Topic B: Apply Intermediate Conditional Formatting
- Topic C: Apply Advanced Conditional Formatting

# 4 - VISUALIZING DATA WITH CHARTS

- Topic A: Create Charts
- Topic B: Modify and Format Charts
- ☐ Topic C: Use Advanced Chart Features

### 5 - USING PIVOTTABLES AND PIVOTCHARTS

- □ Topic A: Create a PivotTable
- Topic B: Analyze PivotTable Data

- ☐ Topic C: Present Data with PivotCharts
- ☐ Topic D: Filter Data by Using Timelines and Slicers

#### Day 3:

#### 1 - WORKING WITH MULTIPLE WORKSHEETS AND WORKBOOKS

- Topic A: Use Links and External References
- ☐ Topic B: Use 3-D References
- Topic C: Consolidate Data

#### 2 - SHARING AND

#### PROTECTING WORKBOOKS

- Topic A: Collaborate on a Workbook
- ☐ Topic B: Protect Worksheets and Workbooks

#### 3 - AUTOMATING

#### WORKBOOK FUNCTIONALITY

- Topic A: Apply Data Validation
- Topic B: Search for InvalidData and Formulas with Errors
- Topic C: Work with Macros
- 4 USING LOOKUP

# FUNCTIONS AND FORMULA AUDITING

- ☐ Topic A: Use Lookup Functions
- Topic B: Trace Cells
- ☐ Topic C: Watch and Evaluate Formulas

#### 5 - FORECASTING DATA

- Topic A: Determine Potential Outcomes Using Data Tables
- □ Topic B: Determine Potential Outcomes Using Scenarios
- Topic C: Use the Goal Seek
- Topic D: Forecast Data Trends

#### 6 - CREATING SPARKLINES AND MAPPING DATA

- Topic A: Create Sparklines
- Topic B: Map Data



### 1 - GETTING STARTED WITH POWERPOINT 2019

Topic A: Navigate the PowerPoint Environment

□ Topic B: View and Navigate a Presentation

I Topic C: Use PowerPoint Help

#### 2 - DEVELOPING A POWERPOINT PRESENTATION

□ Topic A: Create and Save a Presentation

Topic B: Edit Text

Topic C: Work with Slides

Topic D: Design a Presentation

# 3 - PERFORMING ADVANCED TEXT EDITING OPERATIONS

Topic A: Format CharactersTopic B: Format Paragraphs

# 4 - ADDING AND ARRANGING GRAPHICAL ELEMENTS

Topic A: Insert Images

Topic B: Insert Shapes

■ Topic C: Create SmartArt

Topic D: Insert Icons and 3D

Models

Topic E: Arrange and Size Objects

### 5 - MODIFYING GRAPHICAL ELEMENTS

Topic A: Format Images

Topic B: Format Shapes

Topic C: Customize SmartArt

□ Topic D: Format Icons

Topic E: Format 3D Models

Topic F: Animate Objects

# 6 - PREPARING TO DELIVER YOUR PRESENTATION

☐ Topic A: Review Your Presentation

Topic B: Apply Transitions

Topic C: Print a Presentation

Topic D: Deliver Your

Presentation

DAY 2:

### 1 - CUSTOMIZING DESIGN TEMPLATES

□ Topic A: Modify Slide Masters and Slide Layouts

Topic B: Modify the Notes

Master and the Handout Master

Topic C: Add Headers and Footers

### 2 - USING INK TO HAND DRAW ELEMENTS

Topic A: Draw Objects

Topic B: Write Math Equations

#### 3 - ADDING TABLES

Topic A: Create a Table

Topic B: Format a Table

□ Topic C: Insert a Table from

Other Microsoft Office

**Applications** 

#### 4 - ADDING CHARTS

Topic A: Create a Chart

Topic B: Format a Chart

Topic C: Insert a Chart from

Microsoft Excel

#### 5 - WORKING WITH MEDIA

Topic A: Add Audio to a

Presentation

Topic B: Add Video to a

Presentation

Topic C: Add a Screen

Recording

6 - BUILDING ADVANCED TRANSITIONS AND ANIMATIONS

Topic A: Use the Morph

Transition

Topic B: Customize

Animations

# 7 - FINALIZING A PRESENTATION

Topic A: Collaborate on a

Presentation

Topic B: Annotate a

Presentation

Topic C: Record a

Presentation

Topic D: Set Up a Slide Show

### 8 - CUSTOMIZING PRESENTATION NAVIGATION

TRECENTATION NAVIGATION

☐ Topic A: Divide a Presentation into Sections

Topic B: Add Links

■ Topic C: Create a Custom

Slide Show

#### 9 - SECURING AND DISTRIBUTING A PRESENTATION

□ Topic A: Secure a

Presentation

Topic B: Create a Video or a

CD



# 1 - GETTING STARTED WITH OUTLOOK 2019

- Topic A: Navigate the Outlook Interface
- Topic B: Work with Messages
- Topic C: Access Outlook Help

#### 2 - FORMATTING MESSAGES

- Topic A: Add Message Recipients
- ☐ Topic B: Check Spelling and Grammar
- ☐ Topic C: Format Message Content

#### 3 - WORKING WITH ATTACHMENTS AND ILLUSTRATIONS

- Topic A: Attach Files and Items
- Topic B: Add Illustrations to Messages
- ☐ Topic C: Manage Automatic Message Content

# 4 - CUSTOMIZING MESSAGE OPTIONS

- ☐ Topic A: Customize Reading Options
- Topic B: Track Messages
- Topic C: Recall and Resend Messages

#### **5 - ORGANIZING MESSAGES**

- Topic A: Mark Messages
- Topic B: Organize Messages Using Folders

### 6 - MANAGING YOUR CONTACTS

- ☐ Topic A: Create and Edit Contacts
- Topic B: View and Print Contacts

# 7 - WORKING WITH THE CALENDAR

- Topic A: View the Calendar
- Topic B: Create Appointments
- Topic C: Schedule Meetings
- Topic D: Print the Calendar

#### 8 - WORKING WITH TASKS AND NOTES

- Topic A: Create Tasks
- Topic B: Create Notes

Day 2:

#### 1 - MODIFYING MESSAGE PROPERTIES AND CUSTOMIZING OUTLOOK

- Topic A: Insert Advanced Characters and Objects
- ☐ Topic B: Modify Message Properties
- Topic C: Add Email Accounts to Outlook
- Topic D: Customize Outlook Options

#### 2 - ORGANIZING, SEARCHING, AND MANAGING MESSAGES

- Topic A: Group and Sort
- Messages
- Topic B: Filter and Manage Messages
- Topic C: Search Outlook Items

# 3 - MANAGING YOUR MAILBOX

- Topic A: Manage Junk EmailOptions
- Topic B: Manage Your Mailbox Size

# 4 - AUTOMATING MESSAGE MANAGEMENT

- Topic A: Use Automatic Replies
- Topic B: Use Rules to Organize Messages
- ☐ Topic C: Create and Use Quick Steps

#### 5 - WORKING WITH CALENDAR SETTINGS

- Topic A: Set Advanced Calendar Options
- Topic B: Create and Manage
- Additional Calendars
- ☐ Topic C: Manage Meeting Responses

#### 6 - MANAGING CONTACTS

- ☐ Topic A: Import and Export Contacts
- Topic B: Use Electronic Business Cards
- Topic C: Forward Contacts

# 7 - MANAGING ACTIVITIES BY USING TASKS

Topic A: Assign and Manage Tasks

### 8 - SHARING OUTLOOK ITEMS

- Topic A: Delegate Access to Outlook Folder
- Topic B: Share Your Calendar
- Topic C: Share Your Contacts

#### 9 - MANAGING OUTLOOK DATA FILES

- Topic A: Use Archiving to Manage Mailbox Size
- Topic B: Work with OutlookData Files







This portion of your job skills program focuses on helping your personal improvement, which will help you succeed in the future. Below you will find the detailed listing of dozens of hours of professionally created and delivered content that will provide you with the additional skills that you will need to succeed at your new career! This is your On-Line Anytime (OLA) library, and you will have access to these titles, and thousands more, for a full year!

| Accet Type               | Title  | Code                                     | Drogram Longth               |
|--------------------------|--|--|------------------------------|
| Asset Type OLA Course    | Administrative Support: Developing Your Essential Skills   | aad 01 a01 bs enus                       | Program Length<br>26 Minutes |
| OLA Course               | Administrative Support: Developing Tour Essential Skins  Administrative Support: Working in Partnership with Your Boss | aad 01 a02 bs enus                       | 18 Minutes                   |
| OLA Course               | Administrative Support: Interacting Effectively with Colleagues  | aad 01 a03 bs enus                       | 19 Minutes                   |
| OLA Course               | Administrative Support: Projecting a Positive Professional Image   | aad 01 a04 bs enus                       | 19 Minutes                   |
| OLA Course               | Writing Effective E-mails and Instant Messages   | acm 02 a01 bs enus                       | 28 Minutes                   |
| OLA Course               | The Art and Science of Communication   | acm 07 a01 bs enus                       | 21 Minutes                   |
| OLA Course               | Trust Building through Effective Communication   | acm 07 a03 bs enus                       | 25 Minutes                   |
| OLA Course               | Choosing the Right Interpersonal Communication Method to Make Your Point   | acm 07 a04 bs enus                       | 30 Minutes                   |
| OLA Course               | Become a Great Listener  | acm 07 a05 bs enus                       | 24 Minutes                   |
| OLA Course               | Navigating Your Own Emotions   | acm 13 a01 bs enus                       | 29 Minutes                   |
| OLA Course               | Navigating Other People's Emotions   | acm 13 a02 bs enus                       | 25 Minutes                   |
| OLA Course               | Navigating the Workplace with Emotional Intelligence   | acm 13 a03 bs enus                       | 26 Minutes                   |
| OLA Course               | Listening Even When it's Difficult to Listen   | acm 14 a01 bs enus                       | 32 Minutes                   |
| OLA Course               | Using Active Listening in Workplace Situations   | acm 14 a02 bs enus                       | 34 Minutes                   |
| OLA Course               | Gaining a Positive Perspective on Feedback   | acm 15 a02 bs enus                       | 30 Minutes                   |
| OLA Course               | Acting with Diplomacy and Tact   | acm 16 a01 bs enus                       | 36 Minutes                   |
| OLA Course               | Navigating Challenging Situations with Diplomacy and Tact  | acm 16 a02 bs enus                       | 30 Minutes                   |
| OLA Course               | Interacting with Customers   | acs_02_a01_bs_enus                       | 30 Minutes                   |
| OLA Course               | Communicating Effectively with Customers   | acs 02 a02 bs enus                       | 30 Minutes                   |
| OLA Course               | Controlling Conflict, Stress, and Time in a Customer Service Environment   | acs 02 a03 bs enus                       | 32 Minutes                   |
| OLA Course               | Dealing with Customer Service Incidents and Complaints   | acs 02 a04 bs enus                       | 30 Minutes                   |
| OLA Course               | Polishing Your Skills for Excellent Customer Service   | acs 02 a05 bs enus                       | 24 Minutes                   |
| OLA Course               | Rapport Building in Customer Service   | acs 03 a01 bs enus                       | 28 Minutes                   |
| OLA Course               | Providing Telephone Customer Service   | acs 03 a03 bs enus                       | 31 Minutes                   |
| OLA Course               | Facing Confrontation in Customer Service   | acs 03 a05 bs enus                       | 27 Minutes                   |
| OLA Course               | Designing a Customer Service Strategy  | acs 03 a06 bs enus                       | 28 Minutes                   |
| OLA Course               | Leveraging Emotional Intelligence  | ald 01 a04 bs enus                       | 28 Minutes                   |
| OLA Course               | How to Manage Difficult Conversations  | amg 06 a03 bs enus                       | 29 Minutes                   |
| OLA Course               | Developing a Plan to Further Your Career   | apd 03 a01 bs enus                       | 28 Minutes                   |
| OLA Course               | Getting Your Career on the Right Track   | apd 03 a02 bs enus                       | 29 Minutes                   |
| OLA Course               | Cultivating Relationships with Your Peers  | apd 04 a01 bs enus                       | 21 Minutes                   |
| OLA Course               | Managing Pressure and Stress to Optimize Your Performance  | apd 07 a01 bs enus                       | 26 Minutes                   |
| OLA Course               | Aligning Goals and Priorities to Manage Time   | and 08 a01 bs enus                       | 25 Minutes                   |
| OLA Course               | Make the Time You Need: Get Organized  | and 08 a02 bs enus                       | 28 Minutes                   |
| OLA Course<br>OLA Course | The Art of Staying Focused   | apd 08 a03 bs enus<br>apd 10 a01 bs enus | 30 Minutes<br>19 Minutes     |
| OLA Course               | Uncovering and Utilizing Your Talents and Skills Self-improvement for Lifelong Success                                 | apd 10 a01 bs enus                       | 24 Minutes                   |
| OLA Course               | Establishing Self-confidence for Life  | apd 10 a03 bs enus                       | 23 Minutes                   |
| OLA Course               | Procrastination: Admitting it is the First Step  | apd 11 a01 bs enus                       | 20 Minutes                   |
| OLA Course               | Understanding Unconscious Bias   | apd 14 a01 bs enus                       | 25 Minutes                   |
| OLA Course               | Overcoming Your Own Unconscious Biases   | apd 14 a02 bs enus                       | 22 Minutes                   |
| OLA Course               | Being an Effective Team Member   | atm 02 a01 bs enus                       | 30 Minutes                   |
| OLA Course               | Taking Effective and Professional Notes  | bs acm19 a01 enus                        | 20 Minutes                   |
| OLA Course               | Developing Your Business Acumen  | bs apd20 a01 enus                        | 21 Minutes                   |
| OLA Course               | Developing a Growth Mind-set   | bs ast03 a01 enus                        | 16 Minutes                   |
| OLA Course               | Personal Power and Credibility   | comm 42 a01 bs enus                      | 24 Minutes                   |
| OLA Course               | Difficult People: Why They Act That Way and How to Deal with Them  | comm 46 a01 bs enus                      | 31 Minutes                   |
| OLA Course               | The Essentials for Anger Management  | comm 47 a01 bs enus                      | 26 Minutes                   |
| OLA Course               | Using Communication Strategies to Bridge Cultural Divides  | comm_48_a02_bs_enus                      | 30 Minutes                   |
| OLA Course               | Taking Stock of Your Work/Life Balance   | pd 30 a01 bs enus                        | 22 Minutes                   |
| OLA Course               | Staying Balanced in a Shifting World   | pd 30 a02 bs enus                        | 15 Minutes                   |
| OLA Course               | Take a Deep Breath and Manage Your Stress  | pd 30 a03 bs enus                        | 22 Minutes                   |
| OLA Course               | Avoid Procrastination by Getting Organized Instead   | pd 32 a02 bs enus                        | 22 Minutes                   |
| OLA Course               | Maximize Your Productivity by Managing Time and Tasks  | pd 32 a03 bs enus                        | 21 Minutes                   |
| OLA Course               | Forging Ahead with Perseverance and Resilience   | pe 03 a01 bs enus                        | 31 Minutes                   |
| OLA Course               | Reaching Goals Using Perseverance and Resilience   | pe 03 a02 bs enus                        | 27 Minutes                   |
| OLA Course               | The Building Blocks of Building Trust  | pe 04 a01 bs enus                        | 29 Minutes                   |
| OLA Course               | Becoming an Accountable Professional   | pe 05 a01 bs enus                        | 30 Minutes                   |
| OLA Course               | Managing Workplace Stress  | _pc_bi_hrbi006                           | 6 Minutes                    |
| OLA Course               | Reframing Negative Situations  | pc bi hrbi008<br>pc ch lach037           | 6 Minutes                    |
| OLA Course               | Developing Your Career   |  | 15 Minutes                   |
| OLA Course<br>OLA Course | Persevering through Setbacks The Fruits of Integrity: Building Trust at Work   | <pre>pc ch pach011 pc ch pach012</pre>   | 15 Minutes<br>15 Minutes     |
| OLA COUISE               | The Fruits of Integrity: Building Trust at Work  | pc on paciforz                           | TO MININGE?                  |

# Notes Page:

### Your New Career Starts Today!

