

Cornerstone Cares courses

The following courses from content providers ej4 and Whil are available to be implemented in your platform upon request. Please complete [this form](#) and we will complete the load of these courses in 3-5 business days. Please see our [FAQ document](#) for more information about what to expect next.



The ej4 courses are available in the following languages (subtitled): English, French, German, Spanish, French Canadian, Simplified Chinese, Thai, Portuguese

All will be included in the content load.

Coronavirus
COVID-19
Coronavirus Precautions and Prevention
Common Sense Hygiene
Coronavirus Preparedness
Travel Safely
Stay Calm, Stay Informed
Planning for a Pandemic
Preparing for a Pandemic
Internal Communications
External Communications
Illness in the Office
Business Continuity

whil.

This content is available only in English.

Mindfulness	
Become Self Aware	De-Stress Your Body
Being in the Now	Detox and Twist
Clear Your Mind	Energize Your Body
Communicating with Insight	Improve Stability
Compassionate Strength	Improve Your Posture
Connect with Your Senses	Inversion Fundamentals
Develop Self-Awareness	Isolate and Focus
Empathy and Compassion	Loosen Your Hips
Experience Peace of Mind	Morning Moves
Influencing with Goodness	Partner Yoga
Leading with Compassion	Power Moves
Live Fully Every Day	Relieve Muscle Tension
Mindfulness Tips	Restorative
Motivation	Restore and Renew
Positive Neuroplasticity	Sculpt and Stretch
Resilience	Simple Yoga
Self-Awareness	Strengthen and Energize
Self-Management	Stretch the Inflexible
Staying Present	Unwind
The Power Of Breath	Yoga Basics
Thriving Together	Yoga for Athletes

Turning Difficulties Around	Yoga For Beginners
Understanding the Brain	Yoga for Moms
Emotional Intelligence	
Become Self Aware	Mindfulness Tips
Being in the Now	Motivation
Clear Your Mind	Positive Neuroplasticity
Communicating with Insight	Resilience
Compassionate Strength	Self-Awareness
Connect with Your Senses	Self-Management
Develop Self-Awareness	Staying Present
Empathy and Compassion	The Power Of Breath
Experience Peace of Mind	Thriving Together
Influencing with Goodness	Turning Difficulties Around
Leading with Compassion	Understanding the Brain
Live Fully Every Day	
Yoga	
7 Day Practice	Partner Yoga
Align Your Body	Power Moves
Boost Circulation	Relieve Muscle Tension
Breathe and Stretch	Restorative
Desk Yoga	Restore and Renew
De-Stress Your Body	Sculpt and Stretch
Detox and Twist	Simple Yoga
Energize Your Body	Strengthen and Energize

Improve Stability	Stretch the Inflexible
Improve Your Posture	Unwind
Inversion Fundamentals	Yoga Basics
Isolate and Focus	Yoga for Athletes
Loosen Your Hips	Yoga For Beginners

GROVO

This content is available only in English

Access Work Files from Any Computer	Remote Collaboration and Cloud Storage
Beat Stress Inducing Thought Processes	Remote File Sharing
Build Work Relationships Remotely	Run An Effective Online Meeting
Choose the Best Communication Option for Each Situation	Security for the Remote Worker
Commitments That Make Remote Work Successful	Security Tips for Working in Public
Communicate Under Stress	Self-Assess Your Mental Wellness
Guide Your Team Through Uncertainty	Take Care Of Your Mental Health At Work
Identify Your Workplace Triggers	The Right Environment for Working Remotely
Improve Your Mental Wellness	The Right Tools for Online Meetings
Normalize Mental Health On Your Team	The Value of a Clean Remote Workspace
Protect Yourself In Advance of Working Remotely	Tips for Working in Public
Recognize and Acknowledge Stress	Work Securely From Home
Recognize the Signs of Stress on Your Team	
This content is available in: English, French, German, Spanish	
Effective Communication for Remote Teams	Tips for Productive Remote Work
Equip Your Team for Remote Work	Tips for Remote Collaboration
How Virtual Coffee Can Help Build Culture	Tips for Working Remotely Across Cultures
Stay Healthy When Working Remotely	