

We know that the **WHOLE** person comes to work every day. We also know that you're balancing a lot at work and at home. In addition to career needs, you have needs in the areas of financial, social/emotional, community, and physical. Here are some apps you might find useful in finding your balance!



CAREER

CAREER WELLBEING - Resources to help employees develop their careers and overall goals.

CAREER WELLBEING APPS

- **Streaks** – To-do list that helps you form good habits. - www.streaksapp.com
- **Elevate** – Exercise your brain throughout the day. - www.elevateapp.com
- **PZIZZ** – Assists with power naps to give employees mental rejuvenation. www.pzizz.com
- **LinkedIn** – The world's largest professional network on the internet. - www.linkedin.com
- **TED** – A global community, welcoming people from every discipline and culture who seek a deep understanding of the world. - www.ted.com

CAREER WELLBEING PODCASTS

- **Beyond Grit with Dr Cindra Kampoff** – A wellbeing channel that allows you to tap into your unlimited potential. Make a decision about how you want to be in the present moment. www.cindrakamphoff.com/category/podcast
- **The School of Greatness** – How to pursue the dream that burns inside you and how to earn a full income while still making an impact on the world and others. - www.lewishowes.com/blog/
- **Lead to Win** – Insights to help you win at work, succeed at life, and lead with confidence. www.michaelhyatt.com/leadtowin
- **Simon Sinek** – Inspire you to do things to change the world for the better. www.simonsinek.com/discover
- **Gallup Podcasts** – A channel that helps create an environment where employees and teams excel. <https://news.gallup.com/topic/podcasts.aspx>

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Find the apps in either the Apple App Store or Google Play Store.

