

heartbeat+

Monthly Newsletter



Whether you want to build a stronger relationship with your partner, friends, or family, investing in your relationships can make sure they last.

Family



Communicating as a Couple

Good communication is essential to a strong relationship. It helps couples share their joys and sorrows, understand each other's thoughts and feelings, and solve problems together. And it's a critical skill for couples dealing with the unique challenges of life.

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Life

Fighting Fairly

Even if you and your partner have a very strong and loving relationship, you won't agree on every issue and may sometimes have major blowups. Remember that differences of opinion are a natural part of relationships. What's important is how you resolve these conflicts.

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Workplace Learning Solutions



Relationships: Friends Keep You Healthy

Most people know that proper nutrition, exercise, and health checks promote good health, but did you know that friendship is also important? Statistics show that people who enjoy healthy relationships suffer fewer incidences of cancer, stroke, heart disease, and circulatory disorders. They also live longer.

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People Leader's Corner

Your Role as a Leader in Building Team Resilience

Resilience is the ability to deal flexibly and creatively with the change, obstacles, and setbacks that life throws our way. Good managers take action to build resilience in the people who make up their teams.

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Featured Product



February 2020 Video

Relationships: Vital to Your Total Well-Being

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