

AggiesLEAD

CREDENTIALING SYSTEM FOR FACULTY AND STAFF

Health and Wellness (HW)

For the HW badge the Bronze, Silver and Gold level can be earned via completion of the following requirements:

- **BRONZE:** Core Curriculum + Measurement of Understanding (MoU)
- **SILVER:** Core Curriculum + Measurement of Understanding (MoU) + 3 Elective Courses
- **GOLD:** Core Curriculum + Measurement of Understanding (MoU) + 6 Elective Courses

Core Courses

In person session through CLOE:

- **CL-055:** Work-Life Harmony
- **CL-037:** Increasing your Personal Productivity
- **CL-063:** Health and Nutrition
- **CL-038:** Have Your Seen My Mojo
- **CL-054:** Health and Safety Ergonomics

Online courses through Lynda.com:

- **OL-035:** Avoiding Burnout with Todd Dewett
- **OL-036:** Managing Stress with Todd Dewett
- **OL-037:** Balancing Work and Life with Dave Crenshaw

Elective Courses

In person session through CLOE:

- **CL-011:** Mindful Leadership
- **CL-039:** Understanding, Identifying, and Living with Depression
- **CL-040:** Preparing for Retirement, NC 401(K) and NC 457
- **CL-041:** Let Passion Be Your Power
- **CL-068:** Drama in the Workplace
- **CL-078:** Self-Defense
- **CL-084:** Crucial Conversations
- **CL-088:** It is all about how we think

Online courses through Lynda.com:

- **OL-038:** Mindfulness with John Ullmen
- **OL-039:** Financial Wellness for Couples and Families – Amanda Clayman
- **OL-040:** Finding Work-life Balance and Implementing Healthy Work Habits – Ashley Kennedy

To register for courses [click here](#)

For online courses through Lynda.com [click here](#)

For more information about the AggiesLEAD program contact CLOE at cloe@ncat.edu or 336-285-3767.

For questions about course registration contact ITSDE at training@ncat.edu or 336-285-4493.



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