

VIDEO TRAINING CHANNEL



HelpNet

FEATURES INCLUDE:

- Find the *HelpNet Video Training Channel* section on HelpNet's Work Life website by signing on with your company username, and then clicking **HelpNet Video Training Channel** under the Centers tab.
- Select a training title, and click on the hyperlink provided to launch the session.
- Our video trainings are created by experienced professionals considered experts within the learning topic.
- The Video Training Channel provides you the flexibility to learn when it is convenient for you and at a location where you find comfort.
- Training topics change periodically, be sure to visit the Work Life website regularly to see what is new.
- HelpNet's Training Video Channel will provide you practical tips and support on how to manage your everyday life inside and outside your workplace.
- Feel free to contact HelpNet if there is a specific topic you wish to see on HelpNet's Video Training Channel, we are happy to consider suggestions.

HelpNet's Video Training Channel provides flexible, quality, outcome based trainings for you and your household members! The Channel provides access to free on-demand trainings on emotional health & coping skills, leadership, change management, wellness, and other mental health topics.

TOLL-FREE: **(800) 969-6162**

WEBSITE: www.helpnetep.com

Click on: **Work Life Login**

USERNAME: **COWBOY**

Click on: **HelpNet Video Training Channel**