MedCircle@Work™
Employee Learning Map
Through educational and interactive content, preventative mental healthcare is provided to equip employees with ample resources to enhance well-being, better prepare when facing challenges, and grow into their desired potential both in their personal and professional lives.

Employee Learning Utilization

The MedCircle@Work™ Employee Learning is geared to provide each individual employee ample information, applicable strategies, and further resources for navigating their own mental health journey. They may additionally utilize this content in supporting their coworkers, family members, friends, or their community. We regularly add content to our library and customized workshops are an opportunity to fine-tune preventative mental healthcare for each individual company.

Employee Learning Map

The below map gives an overview of our current employee library. We will continue to add topics over time. Each topic addresses common and rare circumstances in the workplace and beyond. Each video has essential background information and may provide activities and additional resources where applicable. There is no specific order or prioritization of these topics, merely each employee can choose what resonates with them as needed.

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<tr>
<th>Section</th>
<th>Intention</th>
<th>Topics Included</th>
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| Previous Workplace Live Workshops & Corporate Live Workshops | • Employees can access previous live workshops geared toward the workplace.  
• These workshops are interactive in nature providing hands-on strategies applicable to day-to-day life.  
• Employees can get a feel of what topics are requested to other companies across the nation and the globe and generate ideas more specific for their own company for customized workshops. | • The Myth of Work-Life Balance  
• Depressed & Working  
• The Truth About Burnout  
• Overcoming Self-Criticism At Work  
• How to Overcome Impostor Syndrome at Work  
• The Power of Introversion At Work  
• On-the-Job Strategies to Reduce Overwhelm |

*Learning Map continued on the next page*
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| Workplace Focused Classes &  | Employees can utilize classes and series in a range of topics relevant to the workplace to better understand why these may occur and how to best resolve the matter at hand.  | • Is Work-Life Balance a Myth  
• Signs of Gaslighting at Work  
• How to Spot Passive Aggressiveness at Work  
• The Signs of Low Self-Awareness You Should Know  
• ADHD & Anxiety: Differences and Signs  
• Could Your Anxiety Actually Be OCD: Signs At Work  
• Signs You’re Burnt Out, Not Lazy or Depressed  
• Fear Vs. Anxiety: Can You Spot the Difference?  
• Introverts, Anxiety and Depression: The Misconceptions  
• How to Overcome Burn Out  
• Signs of a Narcissistic Leader  
• Navigating Pregnancy, Motherhood and the Workplace  
• Mental Health at Work: Actionable Ways to Help Employees  
• Women’s Mental Health: Conquering Stress and Anxiety at Work  
• How to Overcome Mental Blocks and Improve Performance  
• How to Connect with Your Subconscious and End Self-Sabotage  
• Catastrophizing at work  
• Rumination At Work and how to deal with it  
• ADHD at Work PT 1 and PT 2  
• Boundaries at Work  
• Signs You Are Overworking Yourself  
• 3 Reasons You Might Always Be Tired  
• 3 Ways to Stop Oversleeping |
| Access to Entire MedCircle Library | Our library contains over 900 videos categorized by topic. Each employee has access to these whether for self-use or that to help their coworkers, family and/or friends. | • Anxiety and Stress  
• ADHD and ADD  
• Depression & Depressive Disorders  
• Personality Disorders  
• Treatment & Medication  
• PTSD & Trauma  
• Family, Supporter and Youth Issues  
• Physical & Mental Health  
• Dementia & Alzheimer’s  
• Suicidal Ideation  
• Addiction, Substance Use & Eating Disorders  
• Schizophrenia & Psychotic Disorders  
• Reproductive Mental Health  
• Patient Stories  
• OCD & Hoarding  
• Narcissism |

*Customizable Workshops are provided quarterly based on the needs and requests of employees*
MedCircle@Work™
Leading the Next Generation Workplace