



With the **ELMOHR app**, you can access your assigned elearning courses anywhere, anytime. Whether you're commuting, between tasks, or have a moment of downtime, training is always at your fingertips.

#### Instant Course Access

View your assigned courses, track your progress, and pick up where you left off.

#### Push Notifications

Receive reminders for upcoming courses and deadlines to stay on track.

## Exclusive Wellbeing Resources

Enhance your mental wellbeing with exclusive expert-led video series 'Your Mind Matters'

### Getting Started is Easy! Find ELMOHR on App Store or Google Play.

To download the app, **scan the QR code** or **search 'ELMOHR.'** Once logged in, you'll see your assigned courses. Start learning at your own pace and get notifications to keep you on track!









# **Expert-Led Wellbeing Videos: Your Mind Matters.**

Alongside your professional development, we're focusing on your wellbeing with the Your Mind Matters video series. Available exclusively through the ELMOHR app, these videos are tailored to support and enhance your mental health and overall wellbeing through ELMO's partners.

#### Self-Care with EQ Minds

Learn how to reduce burnout, build resilience, and develop healthy sleep habits.

#### **Support for Others with Lifeline**

Discover ways to manage financial stress, cope with grief, and identify signs of domestic violence.

#### **Workplace Wellbeing with UNSW**

Build positive leadership skills and navigate psychosocial hazards in the workplace.



