

Online Employee Wellness Resource: Partnership with LifeSpeak — FREE for ALL School District Employees

As we all work together to meet the challenges of education continuity during the global COVID-19 pandemic, we recognize that the professional and personal demands can be difficult and often stressful to navigate.

Starting immediately and continuing through to the end of August 2020, we are pleased to be able to provide **ALL school district employees FREE access to the online services and supports available** through **LifeSpeak on Demand (LifeSpeak)**.

What is LifeSpeak?

- ❖ LifeSpeak is an extensive online library of streaming and downloadable video modules with renowned experts speaking on a range of health, family, wellness, and professional development topics.
- ❖ Content is offered in both English and French.
- ❖ LifeSpeak experts are acclaimed authors, medical professionals, and professors — not simply speakers who have taught themselves about a topic.

How do I access LifeSpeak?

- ❖ LifeSpeak can be accessed at <https://bcpsea.lifespeak.com>; Client password: lifespeak
- ❖ Access is available immediately through to August 31, 2020.

Questions and Feedback

We encourage you to take advantage of this period of FREE access this valuable online wellness resource.