



## Promoting independence and quality of life through employment

### Mission Trainings

<https://www.newleafinc.org/training-videos-all>

You know safety trainings like safe driving and first aid. You know operations trainings like best practices for equipment use. But do you know mission trainings? Mission trainings are trainings meant to go beyond your job itself and to focus on your independence and quality of life.

These trainings are available to you to view independently at any time. Your supervisor might also incorporate these trainings into your regular crew training. If there are other topics that you'd like to be included in the training offerings, you can suggest additional training topics to your supervisor or to the office.

How can I get better sleep?	How can I focus on growth and improvement?	How can I be a better friend to myself and others?
How can I make my daily personal interactions go smoother?	How can I manage stress and anxiety?	What steps can I take to improve my surroundings?
What changes can I make to my nutrition to feel better?	How can I make positive change a part of my daily life?	How can I make my daily work experience more satisfying?

[Click here to view the trainings online!](https://www.newleafinc.org/training-videos-all)