CustomGuide
Train Your Staff & Community

Course Catalog

- 💼 Business Skills
- 🖥️ Career Development
- ⚠️ Compliance & Safety
- 🌐 Diversity & Citizenship
- 👥 Leadership
- G Google
- ▦ Microsoft
- 🖥️ Technology
- 🌿 Wellness

"So impressed with your features and ease of use!"

San Diego Public Library

★★★★★
4.9 out of **5** on G2

CustomGuide
Train Your Staff & Community

🎓 Adult Education	🏛️ Governments	📚 Library	🤲 Non-Profit

Customizable Courses
Make ready-made training yours with 300+ courses

Live Training Events
Schedule & manage instructor-led sessions

Skill Assessments
Identify knowledge gaps & measure improvement

Get Started for Free

💼 Business Skills
- Accounting
- Communication
- Customer Service
- HR
- Marketing
- Professional Development
- Sales
- Training & Education

🖥️ Career Development
- Career
- Entrepreneurship
- Higher Education
- Job Hunting
- Personal Branding

⚠️ Compliance & Safety
- Active Shooter
- Discrimination
- Drugs & Alcohol
- Harassment
- Safety
- Security

🌐 Diversity & Citizenship
- Bias
- Diversity
- U.S. Citizenship

👥 Leadership
- Leadership
- Management
- Project Management

G Google
- Calendar
- Chrome
- Classroom
- Docs
- Drive
- Forms
- Gmail
- Sheets
- Slides

▦ Microsoft
- Access
- Excel
- OneDrive
- OneNote
- Outlook
- PowerPoint
- Teams
- Windows
- Word

🖥️ Technology
- AI
- Computer Basics
- CRM
- Mac
- Software

🌿 Wellness
- Mental Health
- Personal Growth
- Relationships
- Well-Being
- Work-Life Balance

Consolidate Tools, Cut Costs

Includes	All-in-One CustomGuide	Other Training — Courses LinkedIn Learning	Other Training — Course Builders Rise	Other Training — LMSs cornerstone
300 Courses	✅	✅		
Customizable Content	✅	❌		
Quick References	✅	❌		
Live Training Sessions	✅	❌		
Skills Assessment	✅	❌		
Course Builder	✅		✅	
LMS	✅			✅

⊞ Accounting Courses

Course	Description	What You'll Learn
Accounting Basics 1 hour	New to Accounting? This course helps you understand financial statements, assets, liabilities, and budgeting.	• Understand accounting terms • Analyze financial statements • Apply bookkeeping • Manage taxes and payroll
Boost Your Credit Score 1 hour	Ready to take control of your credit score? Discover simple steps to improve your credit & achieve financial goals.	• Understand your credit score • Improve your credit score • Fix errors in your credit report • Maintain a great credit score
Personal Finance 1 hour	Do you feel in control of your finances? This course helps you manage budgets, save money, and plan for a secure future.	• Create a solid finance plan • Optimize budgets & cut costs • Build & maintain credit score • Make smart tax & insurance choices
QuickBooks Online Basic 4 hours	New to QuickBooks? This course helps you track expenses, manage invoices, and simplify financial tasks.	• Manage financial transactions • Create invoices & receipts • Track expenses & income • Run summary & detail reports

Courses Feature

➤ Learn by doing   ❓ Skill assessments   ✏ Editable content   ✳ Certificates

Course Catalog

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- 🧮 Accounting
- 💬 **Communication**
- 🎧 Customer Service
- 👥 HR
- 📣 Marketing
- 🖼️ Professional Development
- 📞 Sales
- 📖 Training & Education

- 🖼️ Career Development
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- 🪟 Microsoft
- 🖥️ Technology
- 🌿 Wellness

💬 Communication Courses

Course	Description	What You'll Learn
Business Writing 1 hour	Ready to master professional business writing? This course helps you write clear, professional emails & documents with confidence.	• Write Clear Business Documents • Organize Ideas Effectively • Edit for Professional Tone • Design Reader-Friendly Formats
Communication Skills 1 hour	Want to communicate with confidence? This course helps you listen effectively, & build stronger connections.	• Master verbal and non-verbal communication • Use active listening • Communicate effectively • Handle tough conversations
Communication Styles 1 hour	How adaptable is your communication style? This course helps you adapt to styles, improve understanding, & enhance collaboration.	• Identify communication style • Build self-awareness • Enhance communication skills • Communicate effectively
Conflict Resolution Strategies 4 hours	Facing workplace conflicts? Master strategies to resolve issues, foster understanding, & build better relationships.	• Understand types of conflict • Identify conflict through listening • Control emotions • Use communication to resolve disputes
Effective Presentations 1 hour	Want to deliver effective presentations? This course helps you engage your audience & convey your message clearly.	• Analyze Your Audience • Design Engaging Slides • Deliver with Confidence • Manage Presentation Time
Email Etiquette 1 hour	Are your emails making the right impression? Write clear, concise, and professional emails with confidence.	• Craft Professional Emails • Use Appropriate Subject Lines • Apply Proper Formatting • Manage Attachments Effectively
English Grammar 1 hour	How strong are your writing skills? Improve your ability to craft clear, professional, and error-free sentences every time.	• Enhance credibility with grammar • Write clear sentences • Use punctuation for clarity • Proofread grammar
Listening Skills 1 hour	Looking to enhance your listening skills? Overcome barriers & practice active, empathetic listening effectively.	• Understand type of listening • Apply active listening • Use emotional intelligence • Tackle listening challenges
Non-Verbal Communication 1 hour	Want to master non-verbal communication? Improve how you read body language & boost interpersonal skills.	• Recognize key non-verbal cues • Interpret facial expressions • Use tone to convey clear messages • Apply non-verbal skills
Online Communication 1 hour	Struggling with online communication? Develop effective digital etiquette & virtual collaboration skills.	• Write engaging email subjects • Master virtual meeting etiquette • Use online collaboration tools • Build online connections

Courses Feature

🖱️ Learn by doing   ❓ Skill assessments   ✏️ Editable content   ⚙️ Certificates

CustomGuide
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"CustomGuide captures the interest of both novice and super users."

City of Columbus

★★★★★
4.9 out of **5** on G2

🎧 Customer Service Courses

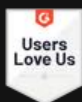| Course	Description	What You'll Learn
Customer Communication Basics 1 hour	Want better customer interactions with customers? Enhance active listening and communication skills to build stronger relationships.	• Choose the right channels • Enhance verbal communication • Use body language effectively • Write clear emails & posts
Customer Service Basics 1 hour	Curious about delivering great customer service? Build trust, listen actively, and communicate clearly in this course.	• Build emotional intelligence • Manage high-volume customers • Handle tough conversations • Build trust and drive loyalty
Cultural Sensitivity in Customer Service 1 hour	Boost cultural sensitivity in customer service with this course on understanding diversity & improving interactions.	• Boost success with cultural awareness • Navigate cultural differences • Turn cultural challenges into wins • Elevate customer experience
Customer Feedback 1 hour	How do you handle customer feedback? Gather, interpret, and respond to improve customer satisfaction effectively.	• Streamline customer feedback • Analyze customer sentiment • Craft impactful responses • Turn customer feedback into wins
Deal with Difficult Customers 1 hour	Dealing with difficult customers? Communicate effectively and resolve issues for smoother interactions.	• Manage tough customer behaviors • Boost empathy & problem-solving skills • Build customer loyalty • Excel in emotional intelligence
Manage a Customer Service Team 1 hour	Leading a customer service team? Guide your team and ensure exceptional customer experiences every time.	• Communicate team vision • Optimize recruitment & onboarding • Handle difficult customer situations • Ensure quality customer service

Courses Feature

⬉ Learn by doing   ❓ Skill assessments   ✏️ Editable content   ✹ Certificates

Course Catalog

Business Skills
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- **HR**
- Marketing
- Professional Development
- Sales
- Training & Education

Career Development

Compliance & Safety

Diversity & Citizenship

Leadership

Google

Microsoft

Technology

Wellness

👫 HR Courses

| Course	Description	What You'll Learn
HR Basics 1 hour	How can HR drive workplace success? This course covers key functions, employee management, & fostering a thriving team.	• Simplify fair hiring • Motivate employee relations • Optimize feedback • Create HR policies
Conduct Interviews 1 hour	How can you conduct better interviews? This course covers asking questions, evaluating candidates, & hiring effectively.	• Craft skill-focused questions • Listen for key insights • Evaluate beyond questions • Tackle challenges confidently
Employee Recruitment 1 hour	Ready to build your dream team? This course helps you attract, evaluate, and hire top talent effectively.	• Craft job descriptions • Source with ads & social media • Conduct efficient interviews • Onboard for productivity
Employee Onboarding 1 hour	Want to improve employee onboarding? This course covers preparation, first-day essentials, training, and cultural integration.	• Master onboarding techniques • Create welcoming workspaces • Foster team connections • Align hires with culture
Talent Management Basics 1 hour	Looking to optimize your workforce? This course covers talent acquisition, development, performance management, and succession planning.	• Write effective descriptions • Conduct strong interviews • Set goals & give feedback • Boost engagement & retention
Terminating Employees 1 hour	Need to navigate employee terminations? This course covers legal frameworks, documentation, communication strategies, and post-termination processes.	• Ensure legal compliance • Document performance issues • Manage termination meetings • Conduct exit interviews

Courses Feature

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📢 Marketing Courses

Course	Description	What You'll Learn
Brand Identity 1 hour	Ready to create a strong brand presence? This course helps build your brand identity with clear messaging & consistency.	• Learn brand identity basics • Create memorable visuals • Develop strong messaging • Implement & evolve brand
Content Marketing 1 hour	Take your marketing to the next level. Expand your brand's reach with effective content strategies and engaging content.	• Understand content benefits • Build strong foundations • Create engaging content • Measure & optimize success
Digital Marketing Basics 1 hour	Is your business getting the attention it deserves? This course covers digital marketing strategies to elevate your brand.	• Understand marketing fundamentals • Master research & positioning • Develop effective strategies • Apply modern marketing tactics
Email Marketing 1 hour	Want to optimize your email campaigns? Discover strategies to grow your list and create engaging, effective messages.	• Master email basics • Create engaging content • Plan & analyze campaigns • Boost email engagement
Event Management 1 hour	What makes event planners successful? This course helps you master the skills to organize and execute seamless events.	• Set goals & build teams • Budget & market events • Engage attendees creatively • Network & assess success
Press Releases 1 hour	Capture the media's attention by crafting press releases with a clear structure and highlighting newsworthy content.	• Structure compelling releases • Distribute on right channels • Boost reach with SEO & media • Analyze & engage audience
SEO Basics 1 hour	Looking to grow your audience? This course helps you master SEO fundamentals to boost visibility, and drive traffic.	• Understand & apply SEO • Build links & use social media • Monitor SEO with analytics • Optimize local & content SEO
Social Media Marketing 1 hour	Want to strengthen your social media presence? This course helps you create strategies to boost awareness and engagement.	• Optimize social profiles • Craft content & stories • Grow audience with tactics • Plan & analyze with tools

Courses Feature

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"CustomGuide presents material in the best way to learn."

Yale University
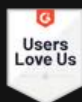
Users Love Us
★★★★★
4.9 out of **5** on G2

Professional Development Courses

| Course	Description	What You'll Learn
Anger Management 1 hour	Want to manage anger better? This course helps you control emotions, improve relationships, and boost well-being.	• Anger myths & triggers • Gain empathy • Use coping strategies • Build habits for lasting calm
Build Confidence 1 hour	Ready to boost your self-assurance? Build confidence with strategies to excel in work and social situations.	• Strategies for lasting confidence • Use cues to boost confidence • Excel in diverse situations • Turn setbacks into strengths
Business Ethics 1 hour	How ethical is your business approach? This course helps you foster integrity and responsible decision-making at work.	• Apply ethical principles • Make ethical decisions • Implement CSR strategies • Understand business ethics
Critical Thinking Skills 1 hour	Ready to think critically and make smarter decisions? This course sharpens problem-solving & reasoning skills.	• Question assumptions • Evaluate data and facts • Solve complex problems • Count biases in decisions
Decision Making 1 hour	Struggling with tough choices? This course helps you master techniques for smarter, more informed decisions.	• Decision-making models • Evaluate options with research • Choose confidently • Implement & monitor decisions
Emotional Intelligence 1 hour	How well do you understand your emotions? This course develops emotional intelligence to enhance relationships & manage stress.	• Unlock self-awareness • Lead and resolve conflicts • Develop empathy • Apply EI for well-being
Identify Fake News 1 hour	How do you spot fake news? This course helps you identify misleading headlines, deepfakes, and stay well-informed.	• Expose fake news & its impact • Spot manipulative headlines • Verify news credibility • Recognize triggers & biases
Problem Solving 1 hour	Facing tough challenges? This course helps you master problem-solving techniques to tackle issues & make smarter decisions.	• Master problem solving • Overcome mental blocks • Use SWOT & Mind Maps • Apply problem-solving techniques
Remote Work 1 hour	Struggling with remote work? This course helps you master tools and strategies for productivity and work-life balance.	• Optimize your home office • Choose virtual work tools • Build work-life balance habits • Master online meeting etiquette
Research Skills 1 hour	Want to enhance workplace professionalism? This course covers communication skills, time management, teamwork, ethics, and personal branding.	• Active listening in the workplace • Prioritize tasks & be productive • Use effective feedback • Build an ethical career foundation
SMART Goals 1 hour	Want to set effective goals? This course helps you create Specific, Measurable, Achievable, Relevant, and Time-bound objectives.	• Define Specific Objectives • Set Measurable Targets • Establish Realistic Goals • Implement Time-Bound Plans
Time Management 1 hour	How can you improve your time management skills? This course explores prioritization, task management, and avoiding time wasters.	• Prioritize Tasks Effectively • Eliminate Time Wasters • Implement the 80/20 Rule • Master the Four D's
Workplace Professionalism Training 1 hour	Want to enhance workplace professionalism? This course covers communication skills, time management, teamwork, ethics, and personal branding.	• Active listening in the workplace • Prioritize tasks and be productive • Use effective feedback • Build an ethical career foundation
Workplace Skills 1 hour	Looking to enhance your workplace skills? This course covers communication, productivity, technology, and professionalism essentials.	• Improve communication skills • Boost productivity with goals • Use technology for collaboration • Enhance professionalism with EI

Courses Feature

⇡ Learn by doing   ❓ Skill assessments   ✎ Editable content   ⚙ Certificates

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📋 Business Skills

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- 🎧 Customer Service
- 🧍 HR
- 📣 Marketing
- 🖼 Professional Development
- **📞 Sales**
- 📖 Training & Education

🖼 Career Development

⚠ Compliance & Safety

🌐 Diversity & Citizenship

👥 Leadership

G Google

⊞ Microsoft

🖥 Technology

🌿 Wellness

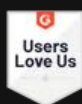"A huge timesaver for me as a trainer and course developer."

California State Parks

★★★★★
4.9 out of **5** on G2

📞 Sales Courses

Course	Description	What You'll Learn
Handle Objections 1 hour	Learn how to handle objections with confidence in this course, featuring proven strategies to address and overcome challenges effectively.	• Identify objection types • Use listening & empathy • Handle objections effectively • Practice with role-plays
Lead Generation 1 hour	Want to master lead generation? This course explores techniques, tools, sales funnels, metrics, and ethical strategies.	• Master lead generation • Optimize funnel conversion • Use analytics to improve • Ensure ethical lead practices
Manage a Sales Team 1 hour	Want to lead a high-performing sales team? This course covers recruitment, coaching, performance management, and sales strategies.	• Apply sales leadership styles • Build high-performing teams • Coach & develop individuals • Lead remote teams with tech
Sales Basics 1 hour	Learn the fundamentals of sales with this course, covering the process, techniques, and strategies to close deals successfully.	• Navigate sales roles • Research market needs • Hone closing skills • Use tech & social media
Sales Negotiation Skills 1 hour	Want to excel in sales negotiations? This course covers buyer types, preparation, communication skills, tactics, and closing techniques.	• Handle objections & close • Use questions & listen • Research & set goals • Navigate buyers & deals
Winning Sales Presentations 1 hour	Looking to deliver winning sales presentations? This course helps you craft compelling messages, engage audiences, and close deals effectively.	• Craft Persuasive Messages • Design Engaging Visuals • Present with Confidence • Close Deals Effectively

Courses Feature

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> "What a terrific product you have!"

Chicago Public Schools

★★★★★
4.9 out of **5** on G2

📖 Training & Education Courses

Course	Description	What You'll Learn
Develop a Training Program 1 hour	New to developing training programs? This course guides you through assessing needs, designing content, delivering effectively, and evaluating success.	• Assess needs & goals • Design engaging programs • Adapt to learning styles • Refine training effectiveness
Fun Training Activities 1 hour	Want to make training sessions more engaging? This course introduces fun activities to boost participation and retention.	• Design inclusive sessions • Energize with icebreakers • Boost engagement interactively • Evaluate with fun tools
Lunch & Learn Programs 1 hour	Want to boost employee engagement? This course guides you in creating effective Lunch & Learn programs to enhance learning and collaboration.	• Optimize learning setups • Design engaging content • Foster collaboration • Track and plan sessions
Training Basics 1 hour	New to training? This course covers corporate training essentials, program design, delivery techniques, and effectiveness assessment.	• Design impactful training • Use tech for engagement • Assess and improve sessions • Overcome training challenges
Training with Stories 1 hour	Want to enhance training effectiveness? This course teaches storytelling techniques to engage learners and improve retention.	• Craft relatable stories • Use stories in training • Enhance with multimedia • Refine story strategies
Adult Learning 1 hour	Looking to enhance your training sessions? Apply adult learning principles to design effective and engaging experiences.	• Learn adult learning styles • Create engaging content • Use collaboration & feedback • Assess outcomes with tech
Develop eLearning Courses 1 hour	Ready to create impactful eLearning courses? Design engaging and effective online training programs that drive results.	• Design engaging content • Create quizzes & scenarios • Use LMS to track courses • Explore eLearning trends
Instructional Design 1 hour	Want to create impactful learning experiences? Master the skills to design engaging and effective instruction.	• Explore ID principles & models • Assess needs & set objectives • Design interactive content • Evaluate outcomes & improve
Measure Training Results 1 hour	Wondering if your training is effective? Measure results and enhance learning outcomes with proven assessment methods.	• Select evaluation tools • Use pre/post assessments • Apply data in training • Improve ROI continuously
SCORM Basics 1 hour	Curious about SCORM? This course covers SCORM standards & creating compliant eLearning content.	• Understand SCORM basics • Navigate SCORM structure • Create SCORM content • Troubleshoot SCORM issues
Work with SMEs 1 hour	Struggling to collaborate effectively with SMEs? This course helps you collaborate to gather insights & create great content.	• Understand SME roles • Hone SME communication • Manage SME projects • Extract expert content
Adobe Captivate 4 hours	Ready to create engaging eLearning? This course teaches you how to design projects, add interactivity, and integrate multimedia.	• Design Interactive Slides • Incorporate Multimedia Tools • Customize Responsive Content • Publish SCORM-Compliant Courses
Articulate Storyline 4 hours	New to Articulate Storyline? This course helps you master eLearning development, interactive content creation, and multimedia integration.	• Navigate Storyline Interface • Create Interactive Courses • Add Multimedia Elements • Publish eLearning Projects

Courses Feature

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- ⊞ Microsoft
- 🖥️ Technology
- 🪷 Wellness

"We describe CustomGuide as an appendage to our training department."

The Salvation Army

★★★★★
4.9 out of **5** on G2

👔 Career Courses

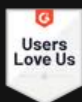| Course	Description	What You'll Learn
Career Coaching 1 hour	Ready to help others achieve their career goals? This course helps you guide others in setting goals & achieving career success.	• Tackle career roadblocks • Conduct a career audit • Build resilience at work • Boost your brand and career
Online Freelance Work 1 hour	Want to thrive as an online freelancer? This course helps you find clients, manage projects, & grow a successful freelance career.	• Explore freelancing work • Set rates and build portfolio • Navigate freelance platforms • Manage projects and clients
Professional Networking 1 hour	Looking to expand your professional network? This course helps you build meaningful connections & leverage opportunities.	• Craft engaging introduction • Network through social media • Create meaningful connections • Evaluate your network
Self Assessment 1 hour	Discover how Self Assessment can shape your future with this course, focusing on identifying strengths, values, and goals.	• Discover your unique strenghts • Match careers to your interests • Align values with career goals • Create a career action plan

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
CustomGuide
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"So impressed with your features and ease of use!"

San Diego Public Library

Users Love Us ★★★★★
4.9 out of **5** on G2

🏪 Entrepreneurship Courses

Course	Description	What You'll Learn
Entrepreneurship Basics 1 hour	Dreaming of starting your own business? Master the mindset, planning, and steps to launch your venture in this course.	• Develop an entrepreneurial mindset • Create a strong business plan • Implement sales & marketing • Scale through leadership & innovation
Market Research 1 hour	How can market research drive success? This course covers planning, collecting, analyzing, and applying data effectively.	• Set market research goals • Analyze market trends • Implement findings for growth • Gather qualitative and quantitative data
Writing a Business Plan 1 hour	Ready to turn your business idea into a plan? This course covers market research, financials, and executive summaries.	• Build a strong business plan • Develop a financial model • Design effective marketing strategies • Prepare an investor ready-pitch

Courses Feature

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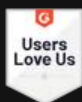
🎓 Higher Education Courses

Course	Description	What You'll Learn
Alternatives to College 1 hour	What opportunities exist beyond college? Explore career paths, build skills, and discover alternatives to a degree.	• Find cost-effective options • Asses trade schools & certifications • Navigate online learning & bootcamps • Secure apprenticeships & training
Career Development 1 hour	Are you ready to take control of your career? This course guides you in building skills and planning your career path.	• Define your career goals • Expand your skills • Build your personal brand • Ace your job interview
Higher Education Basics 1 hour	Preparing for higher education? This course helps you explore options, plan your path, and excel in your studies.	• Manage college costs & funding • Excel in admissions & essays • Choose the best major • Master time management skills
Match Your Career with a Degree 1 hour	Unsure which degree matches your career goals? This course helps align your career aspirations with the perfect academic path.	• Match skills with careers • Choose the right degree • Plan Courses and finances • Create a career action plan
Paying for College 1 hour	How can you make college more affordable? This course explores financial aid, scholarships, and funding strategies.	• Create a college savings plan • Find and secure scholarships • Manage loans and debts • Maximize FAFSA and aid awards

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- 🌐 Diversity & Citizenship
- 👥 Leadership
- G Google
- ⊞ Microsoft
- 🖥️ Technology
- 🌿 Wellness

"Love the quick lessons, easy to apply right away!"

MN Dept of Revenue

★★★★★
4.9 out of **5** on G2

🔍 Job Hunting Courses

Course	Description	What You'll Learn
Create a Job Portfolio 1 hour	Want to stand out to employers? Build a strong job portfolio that showcases your skills, achievements, and strengths.	• Craft a standout portfolio • Design an eye-catching layout • Manage your online visibility • Use your portfolio to land jobs
Interview Skills 1 hour	Ready to ace your next interview? Prepare strategically, answer with confidence, and stand out to land your dream job.	• Tailor your skills for interviews • Master body language cues • Excel in all interview format • Handle tough questions
Land Your Dream Job 1 hour	Land your dream job by perfecting your resume, mastering interviews, and confidently securing the role you deserve.	• Optimize resume & LinkedIn • Master job boards & applications • Ace interviews with confidence • Negotiate salary & offers
LinkedIn Job Search 1 hour	Struggling to find job opportunities on LinkedIn? Optimize your profile, expand your network, and unlock new career paths.	• Optimize your LinkedIn profile • Expand your network • Enhance your brand with endorsements • Use advanced job search features
Optimize Your Resume 1 hour	Looking to make a lasting impression? Learn how to craft a professional resume that stands out and gets noticed.	• Define Career Objectives • Craft Compelling Summaries • Highlight Work Experience • Enhance Resume Design
Write a Killer Resume 1 hour	Make a lasting impression with a standout resume that grabs attention and impresses employers.	• Personalize your resume • Use impactful action verbs • Optimize for ATS screening • Follow up on job applications

Courses Feature

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City of Columbus

★★★★★
4.9 out of **5** on G2

👤 Personal Branding Courses

Course	Description	What You'll Learn
LinkedIn Profile Optimization 1 hour	Looking to attract more opportunities on LinkedIn? This course helps optimize your profile with strategies to grow your network.	• Set up an eye-catching profile • Optimize profile sections • Use advanced LinkedIn features • Keep profile updated and engaging
Personal Branding Strategy 1 hour	How strong is your personal brand? This course helps you build a powerful image that boosts visibility, & credibility online.	• Define your personal brand • Network your brand • Set branding goals • Elevate with social media

Courses Feature

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
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"CustomGuide is a smart, cost-effective approach to training."

Amazon

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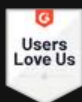
Course	Description	What You'll Learn
Active Shooter Training 1 hour	How do you survive an Active Shooter event? This course teaches how to stay safe, and protect yourself in emergencies.	- Spot active shooter warning signs - Master the Run, Hide, Fight strategy - Develop evacuation and defense skills - Create and implement response plans

Courses Feature

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"A fun, interactive way to learn technology skills."

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★★★★★
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⚖️ Discrimination Course

Course	Description	What You'll Learn
Discrimination 1 hour	How does discrimination shape workplaces? Learn its impact and how to foster inclusion in this course.	• Address workplace discrimination • Identify all discrimination types • Ensure legal compliance • Apply anti-discrimination policies

Courses Feature

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Drugs & Alcohol Courses
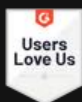
| Course	Description	What You'll Learn
Drug Addiction 1 hour	How does drug addiction affect lives and communities? Discover its impact and explore prevention & recovery strategies.	• Understand addiction types • Recognize health & societal impacts • Apply prevention & recovery steps • Explore drug policies & treatments
Drug and Alcohol Awareness 1 hour	Is your workplace prepared to address substance abuse? Explore drug and alcohol awareness and promote safety.	• Recognize drug & alcohol abuse • Comply with drug law requirements • Conduct lawful drug testing • Promote a drug-free workplace

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
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✋ # Harassment Courses

Course	Description	What You'll Learn
HIPAA Compliance Training 1 hour	Want to learn about HIPAA Compliance? This course helps you understand regulations and ensure patient data privacy.	• Apply HIPAA privacy rule • Follow HIPAA security rules • Handle HIPAA breaches • Stay updated with HIPAA norms
Sexual Harassment 1 hour	How can workplaces stay safe and respectful? Learn to recognize, prevent, and address sexual harassment effectively.	• Recognize quid pro quo harassment • Spot unwelcome vs consensual actions • Use bystander intervention • Follow complaint protocols
Sexual Harassment for Managers 1 hour	How can managers create a harassment-free workplace? This course covers recognizing and addressing sexual harassment.	• Prevent workplace harassment • Understand sexual harassment • Handle harassment complains • Promote a harassment-free workplace
Workplace Bullying 1 hour	Is bullying affecting your workplace? This course helps you prevent, address, and maintain a safe work environment.	• Recognize workplace bullying • Create a bully-free workplace • Build resilience to bullying • Encourage inclusivity at work

Courses Feature

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California State Parks
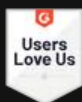
★★★★★
4.9 out of **5** on G2

🛡 Safety Courses

Course	Description	What You'll Learn
Bloodborne Pathogens 1 hour	How prepared are you for fire safety? This course teaches fire prevention, equipment use, emergency actions, and compliance.	• Understand bloodborne pathogens • Recognize high-risk roles • Properly use PPE for safety • Respond to exposure incidents
Fire Safety 1 hour	Want to enhance fire safety knowledge? This course covers fire causes, prevention, equipment use, emergency actions, and compliance.	• Identify and classify fires • Equip with safety gear • Execute emergency plans & first aid • Understand fire & safety regulations
First Aid and CPR Training 1 hour	Want to be prepared for emergencies? This course covers first aid basics, CPR techniques, and handling common injuries.	• Learn first aid basics • Treat wounds and burns • Perform CPR and aid choking • Handle heatstroke and poisoning
HazCom 1 hour	Want to master HazCom standards? This course covers chemical hazards, safety data sheets, labeling, and protective measures.	• Understand HazCom basics • Recognize HazCom symbols • Use safety data sheets • Implement safety measures
Hazmat Classes 1 hour	Learn about Hazmat Classes in this course, exploring material classifications, safe handling, storage, and compliance guidelines.	• Identify HAZMAT types and labels • Safely store and transport HAZMAT • Handle HAZMAT incidents • Comply with HAZMAT regulations
Injury Prevention 1 hour	Want to prevent injuries? This course covers home safety, ergonomics, sports injury prevention, and emergency response.	• Apply home safety practices • Prevent slips and falls • Acquire basics first aid skills • Understand injury prevention
OSHA Compliance 1 hour	Ready to master OSHA compliance? This course guides you through safety regulations, inspections, and effective record keeping.	• Understand OSHA compliance • Apply OSHA standards • Prepare for OSHA inspections • Promote a safety culture
OSHA Regulations 1 hour	Want to ensure OSHA compliance? This course covers key regulations, safety standards, inspections, and record keeping essentials.	• Understand OSHA essentials • Follow OSHA regulations • Prepare for OSHA inspections • Reduce workplace hazards
Personal Protective Equipment 1 hour	Learn how to select, use, and maintain personal protective equipment (PPE) to ensure safety and compliance at work.	• Identify different PPE types • Choose the right PPE • Wear and maintain PPE correctly • Comply with PPE regulations
Safe Driving 1 hour	Want to enhance your driving skills? This course covers road safety, vehicle checks, defensive driving, and handling emergencies.	• Perform vehicle safety checks • Use defensive driving techniques • Adapt to driving conditions • Manage emergencies and distractions
Workplace Injury 1 hour	Want to prevent workplace injuries? This course covers identifying risks, injury types, prevention strategies, and reporting procedures.	• Identify injury types and causes • Assess & reduce workplace hazards • Prevent & manage workplace injury • Report injuries and offer support
Workplace Safety 1 hour	Want to ensure workplace safety? This course covers hazard identification, safety policies, PPE, and incident response.	• Understand safety laws and standards • Identify and assess hazards • Implement safety policies • Manage workplace injuries

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
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🔒 Security Courses

Course	Description	What You'll Learn
Cyber Security 2 hours	Concerned about online threats? This course teaches you to identify risks, protect sensitive data, and implement best practices in cyber security.	• Identify Security Risks • Protect Confidential Information • Prevent Malware Infections • Implement Network Security Measures
Social Media Security 1 hour	Want to safeguard your online presence? This course covers password creation, privacy settings, phishing detection, and secure sharing.	• Strengthen account passwords • Optimize privacy settings • Identify social media scams • Secure family & work accounts

Courses Feature

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♿ Bias Courses

Course	Description	What You'll Learn
Disability Awareness 1 hour	How inclusive is your workplace for people with disabilities? This course helps create a more accessible environment for everyone.	• Understand disability types • Learn myths & history • Create accessible workplaces • Be an ally with empathy
Recruitment Bias 2 hours	Bias has no place in hiring. This course helps you recognize and reduce bias to make fair and inclusive hiring decisions.	• Eliminate bias in hiring • Craft unbiased job posts • Ensure fair reviews & culture • Improve with bias training
Unconscious Bias 1 hour	How does unconscious bias influence your workplace? Uncover ways to recognize and overcome it for greater inclusion.	• Identify & address biases • Understand bias impact • Mitigate personal biases • Build an inclusive workplace
Work with Different Generations 1 hour	How do you bridge generational gaps? This course helps you understand differences & foster collaboration at work.	• Understand generational impact • Communicate across generations • Build multi-gen strategies • Adapt to future dynamics

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
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🌐 Diversity Courses

Course	Description	What You'll Learn
Cultural Competence 1 hour	Want to excel in cross-cultural communication? This course enhances your cultural competence and understanding.	• Boost cultural intelligence • Decode cross-cultural norms • Navigate cultural conflicts • Adapt in a diverse workplaces
Diversity Basics 1 hour	How can diversity shape a better workplace? Explore how it influences workplaces and fosters an inclusive environment.	• Benefits of diversity & inclusion • Communicate effectively in teams • Tackle bias & stereotypes • Create diversity action plans
Diversity in the Workspace 1 hour	How can diversity transform your workplace? This course helps you understand cultures & build an inclusive environment.	• Harness workplace diversity • Foster inclusive practices • Build collaborative culture • Improve diversity efforts

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
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- 🪟 Microsoft
- 🖥 Technology
- 🌿 Wellness

🏴 U.S. Citizenship Courses

Course	Description	What You'll Learn
Become a U.S. Resident 1 hour	New to U.S. residency? This course guides you through immigration benefits, visa types, application processes, and life after approval.	• Understand residency benefits • Choose the right visa/green card • Comoplete applications efficiently • Manage legal & financial steps
Become a US Citizen 2 hours	Want to become a U.S. citizen? This course guides you through eligibility, documentation, tests, interviews, and post-interview steps.	• Navigate citizenship requirements • Ace N-400 application • Pass citizenship & english tests • Succeed in the interview
U.S. for New Residents 1 hour	New to the U.S.? This course covers visas, housing, work culture, healthcare, education, and daily life essentials.	• Navigate legal residency steps • Secure housing with tenant rights • Succeed in the U.S. job market • Access healthcare & insurance

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
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"CustomGuide captures the interest of both novice and super users."

City of Columbus

★★★★★
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👥 Leadership Courses

Course	Description	What You'll Learn
Coaching & Mentoring 1 hour	Discover how to inspire growth in others. Learn the skills to coach and mentor, guiding individuals to reach their full potential.	• Compare coaching & mentoring • Use active listening • Set measurable goals • Tackle coaching challenges
Delegate Effectively 1 hour	Become an effective delegator. Learn how to assign tasks, build trust, and enhance team productivity.	• Delegate tasks effectively • Match tasks with people • Overcome delegation challenges • Use advanced delegation strategies
Leadership Basics 1 hour	Ready to make an impact as a leader? Develop the skills to inspire teams, make decisions, and lead with confidence.	• Explore leadership styles • Develop communication & decisions • Motivate & engage teams • Lead with ethics & adaptability
Motivate Your Team 1 hour	How can you inspire your team to reach their full potential? Discover proven strategies to motivate and drive team performance.	• Set goals & empower teams • Motivate in-person & remote teams • Measure & sustain motivation • Create a motivation plan
Risk Management 1 hour	Is your organization prepared for unexpected risks? Master strategies to minimize threats and protect long-term success.	• Identify & analyze risks • Assess & evaluate risks • Create risk management plans • Use tech for risk control
Women in Leadership 1 hour	What makes women great leaders? Cultivate the skills to inspire, empower, and lead with confidence and impact.	• Lead with emotional intelligence • Navigate bias & work-life balance • Break the glass ceiling • Cultivate leadership presence

Courses Feature

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👥 Management Courses

Course	Description	What You'll Learn
Change Management 1 hour	How do you lead through change? This course helps you master strategies to manage transitions & ensure successful outcomes.	• Lead with emotional intelligence • Apply models for execution • Overcome resistance & foster change • Anchor change in culture
Crises Management 1 hour	Is your organization prepared for a crisis? Discover strategies to manage, respond, and recover with confidence.	• Anticipate crises with planning • Execute decisions & communicate • Navigate post-crisis recovery • Apply digital crisis techniques
Give Effective Feedback 1 hour	Want to make feedback more effective with teams? This course teach you simple techniques to encourage growth.	• Craft clear feedback strategies • Deliver timely & read cues • Build a culture of feedback • Adapt feedback for remote teams
Manage Remote Teams 1 hour	Effective remote team leadership starts here. Master strategies that enhance communication, productivity, & performance.	• Adapt to remote work • Optimize communication tools • Set KPIs & track performance • Boost productivity & wellness
Management Basics 1 hour	Great leaders are made, not born. Build essential management skills to improve communication and team performance.	• Master communication & delegation • Set SMART goals & organize teams • Navigate risky decisions • Lead with integrity & inclusivity
Managing Meetings 2 hours	Transform your meetings into productive sessions. Gain skills to plan, lead, and follow up to achieve post-meeting goals.	• Define Meeting Objectives • Create Effective Agendas • Facilitate Engaging Discussions • Implement Actionable Follow-Ups
Performance Management 1 hour	Want to boost your team's performance? This course helps develop techniques for setting goals and overcoming challenges.	• Master performance management basics • Use KPIs for accurate reviews • Address resistance & bias • Align goals for growth

Courses Feature

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"A fun, interactive way to learn technology skills."

Rockford Public Library

★★★★★
4.9 out of **5** on G2

📊 Project Management Courses

Course	Description	What You'll Learn
Project Management Basics 1 hour	What are the essentials of project management? This course explains project phases, planning, execution, and closure.	• Master project phases • Set & manage SMART goals • Optimize team communication • Conclude with reviews
SCRUM Basics 1 hour	Looking to master Scrum? This course explains roles, events, and artifacts while guiding you to implement agile practices.	• Learn SCRUM fundamentals • Apply roles & events • Solve SCRUM challenges • Scale for diverse projects

Courses Feature

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G Google Courses

Course	Description	What You'll Learn
Gmail 3 hours	Looking to improve your email skills? This course helps you manage, organize, and customize Gmail for maximum efficiency.	• Organize Messages with Labels • Navigate Your Inbox • Compose and Send Emails • Customize Email Settings
Google Calendar 3 hours	Struggling to stay organized? This course shows you how to manage events, set reminders, and share calendars with Google Calendar.	• Navigate Calendar Interface • Schedule and Manage Events • Set Reminders and Tasks • Share and Collaborate Calendars
Google Chrome 2 hours	Tired of messy browsing? Learn how to navigate the web, manage bookmarks, and customize Google Chrome for a smoother experience.	• Browse the Web Efficiently • Manage Bookmarks and History • Customize Chrome Settings • Install and Use Extensions
Google Classroom 2 hours	Need help with Google Classroom? Whether you're a teacher, student, or guardian, this course provides everything you need to effectively use Google Classroom.	• Navigate Google Classroom • Assign, submit, and grade work • Manage assignments • Communicate effectively
Google Docs 4 hours	Want to make the most of Google Docs? Learn how to create, edit, and format documents with ease in this course.	• Create documents & edit text • Format text & align paragraphs • Add images, lists, & tables • Share documents & manage versions
Google Drive 2 hours	Ready to organize your files? This course shows you how to store, manage, and share documents effectively with Google Drive.	• Navigate Google Drive Interface • Manage Files and Folders • Share and Collaborate Online • Sync Files Across Devices
Google Forms 2 hours	Looking to create surveys or quizzes? This course teaches you how to build, distribute, and analyze forms using Google Forms.	• Create Professional Forms • Customize Form Themes • Analyze Form Responses • Design Interactive Quizzes
Google Meet 2 hours	Need to run better online meetings? This course shows you how to host, join, and manage virtual meetings with Google Meet.	• Host Virtual Meetings • Share Screens Seamlessly • Manage Participants Effectively • Customize Meetings Settings
Google Sheets 4 hours	Want to master Google Sheets? Learn how to create, edit, and format spreadsheets to organize and analyze data efficiently.	• Create Professional Spreadsheets • Format Data Effectively • Utilize Formulas and Functions • Collaborate in Real-Time
Google Slides 4 hours	Want to create impactful presentations? This course teaches you how to design, edit, and deliver slides using Google Slides.	• Create Professional Presentations • Format Text and Images • Apply Themes and Transitions • Collaborate in Real-Time
Google Workspace Essentials 5 hours	Boost productivity with Google Workspace Essentials! This course teaches you how to communicate, collaborate, and manage tasks efficiently using Google's essential tools.	• Use Gmail, Drive, and Meet effectively • Collaborate in real-time with Docs and Sheets • Organize files and manage tasks seamlessly • Enhance teamwork with • shared tools

Courses Feature

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  - OneDrive
  - OneNote
  - Outlook
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  - Project
  - SharePoint
  - Teams
  - Windows
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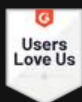- 🖥 Technology
- 🪷 Wellness

Access Courses

Course	Description	What You'll Learn
Access Basic 5 hours	New to Microsoft Access? This course helps you master database creation, record management, and table design basics.	• Plan & create databases • Add & enter records • Find, filter, &sort data • Create & work with tables
Access Intermediate 7 hours	Enhance your Access skills by mastering relational databases, advanced queries, and form design in this intermediate course.	• Create relational databases • Build queries • Design & use forms • Create professional reports

Courses Feature

➤ Learn by doing   ❓ Skill assessments   ✏️ Editable content   ✸ Certificates

📗 Excel Courses

Course	Description	What You'll Learn
Excel Basic 4 hours	New to Excel? This course gives you a solid foundation in Excel and spreadsheet basics.	• Build & edit spreadsheets • Calculate with formulas • Add eye-catching formatting • Organize and manage workbooks
Excel Intermediate 5 hours	Looking to enhance your Excel? This course covers intermediate features like charts, tables, and data management.	• Create eye-catching charts • Use absolute & relative relative references • Apply conditional formatting • Collaborate with other users
Excel Advanced 4 hours	Ready to elevate your Excel expertise? This course teaches advanced functions, PivotTables, and data analysis tools.	• Create PivotTables • Troubleshoot complex formulas • Automate tasks with macros • Use IF, VLOOKUP, & advanced

Courses Feature

➤ Learn by doing   ❓ Skill assessments   ✏️ Editable content   ⚙️ Certificates

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- 🌿 Wellness

"We describe CustomGuide as an appendage to our training department."

The Salvation Army

★★★★★
4.9 out of **5** on G2

🟥 Office 365 Course

Course	Description	What You'll Learn
Office 365 Essentials 5 hours	New to Office 365? This course helps you master creating, editing, and formatting documents, spreadsheets, and presentations.	• Master Office 365 Fundamentals • Edit and Format Text in Word • Create Spreadsheets in Excel • Design Engaging Slides

Courses Feature

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- 🖥️ Technology
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☁️ OneDrive Course

Course	Description	What You'll Learn
OneDrive 2 hours	Looking to streamline your file management? This course teaches you how to upload, share, and sync files using OneDrive.	• Organize files & folders • Upload and share files • Manage previous versions • Sync OneDrive & work offline

Courses Feature

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OneNote Course

Course	Description	What You'll Learn
OneNote 5 hours	Ready to organize your notes? This course shows you how to create, manage, and share digital notebooks using OneNote.	• Capture notes in a digital notebook • Add links, images, and lists • Organize, sync, and share notes • Attach files and Outlook meeting information

Courses Feature

↖ Learn by doing   ❓ Skill assessments   ✏ Editable content   ✹ Certificates

"Love the quick lessons, easy to apply right away!"

MN Dept of Revenue

★★★★★

4.9 out of **5** on G2

Outlook Courses

Course	Description	What You'll Learn
Outlook Basic 4 hours	Want to get started with Outlook? This course helps you manage emails, contacts, and calendars efficiently.	• Create professional signatures • Schedule appointments • Create & categorize contacts • Organize your inbox
Outlook Intermediate 3 hours	Ready to take your Outlook skills to the next level? This course covers advanced email management, calendars, and task organization.	• Create rules to manage your emails • Share your calendar & email • Use categories and folders • Master advanced find & search

Courses Feature

➤ Learn by doing   ❓ Skill assessments   ✏️ Editable content   ✸ Certificates

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📊 PowerPoint Courses

Course	Description	What You'll Learn
PowerPoint Basic 4 hours	New to PowerPoint? Discover how to design professional slides, add text, and include basic visuals for impactful presentations.	• Add slides & create presentations • Adjust slide layouts & organize slides • Move & hide slides • Deliver presentations
PowerPoint Intermediate 5 hours	Ready to level up your PowerPoint skills? Master advanced animations, transitions, multimedia elements, and slide master tools.	• Create stunning presentation with images • Use Slide Masters to control formatting • Add transitions & animations • Record & narrate slideshows

Courses Feature

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"CustomGuide is a smart, cost-effective approach to training."

Amazon

★★★★★
4.9 out of 5 on G2

Project Course

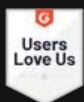| Course	Description	What You'll Learn
Project 5 hours	Need to manage projects more effectively? This course teaches you how to create plans, schedule tasks, manage resources, and track progress in Project.	• Create New Projects • Manage Project Task • Allocate Resources Efficiently • Generate Comprehensive Reports

Courses Feature

⬈ Learn by doing   ❓ Skill assessments   ✏ Editable content   ✹ Certificates

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  - **S▷ SharePoint**
  - Ⓣ Teams
  - ▦ Windows
  - Ⓦ Word
- 🖥 Technology
- 🪷 Wellness

S▷ SharePoint Course

Course	Description	What You'll Learn
SharePoint 3 hours	Ready to get started with SharePoint? This course shows you how to navigate sites, manage libraries, and customize pages.	• Navigate SharePoint Sites • Manage Lists and Libraries • Collaborate on Documents • Customize Web Pages

Courses Feature

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"CustomGuide presents material in the best way to learn."

Yale University

Ⓣ Teams Course

| Course	Description	What You'll Learn
Teams 3 hours	Looking to streamline collaboration? This course teaches you how to use Microsoft Teams for chats, meetings, and teamwork.	• Create Teams & Channels • Chat one-on-one or with a team • Schedule voice & video meetings • Share files & collaborate

Courses Feature

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"A huge timesaver for me as a trainer and course developer."

California State Parks

★★★★★
4.9 out of **5** on G2

⊞ Windows Courses

Course	Description	What You'll Learn
Windows 11 4 hours	Explore Windows 11 with ease. This course covers navigation, file management, and customization to boost your productivity.	• Use windows, apps, & desktops • Organize files & folders • Browse the Internet • Personalize Windows & adjust privacy
Windows 11: What's New 2 hours	Windows 11: What's New – Discover the latest features, including the redesigned Start Menu, Snap Layouts, and Widgets.	• Explore Windows 11 Features • Customize the Start Menu • Use Snap Layouts Efficiently • Access Widgets and Tools
Windows 10 4 hours	Explore Windows 10 with ease. This course covers navigation, file management, and customization to boost your productivity.	• Use windows, apps, & desktops • Organize files & folders • Browse the Internet • Personalize Windows & adjust privacy

Courses Feature
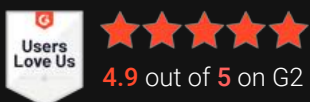
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"What a terrific product you have!"

Chicago Public Schools

★★★★★
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
W Word Courses

Course	Description	What You'll Learn
Word Basic 4 hours	This course guides you through creating, editing, and formatting documents in Word 2021, enhancing your word processing skills.	• Create documents & edit text • Format text & align paragraphs • Change page size & settings • Adjust margins, footers & headers
Word Intermediate 4 hours	Looking to enhance your Word skills? This intermediate course covers tables, graphics, styles, and long document management.	• Add images, lists, & tables • Wrap text around objects • Use styles, themes, & templates • Manage sections, outlines, & TOCs
Word Advanced 3 hours	This course teaches you to co-author documents, track changes, create forms, and automate tasks with macros in Word.	• Collaborate on Documents • Automate Tasks with Macros • Perform Advanced Formatting • Execute Mail Merges

Courses Feature

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- 🌿 Wellness

🖥 Technology Courses

Course	Description	What You'll Learn
AI for HR 2 hours	Ready to streamline HR with AI? This course helps you use AI tools to streamline hiring, training and enhance employee management.	• Transform HR operations • Streamline hiring tools • Enhance employee engagement • Personalize training paths
Computer Basics 2 hours	New to computers? Master essential skills like navigating, typing, and organizing files effortlessly.	• Master Mouse and Keyboard • Navigate Toolbars and Menus • Create and Manage Files • Format and Edit Text
Excel Mac Basic 4 hours	New to Excel for Mac? Learn how to create and edit spreadsheets, build basic formulas, and format your data with ease.	• Build Basic Formulas • Format Data Professionally • Visualize Data with Charts • Create and Edit Worksheets
Excel Mac Intermediate 5 hours	Looking to enhance your Excel skills on Mac? This course covers intermediate features like advanced formulas, data management, and chart creation.	• Create Advanced Charts • Apply Conditional Formatting • Utilize Intermediate Formulas • Collaborate on Workbooks
macOS 4 hours	Ready to navigate macOS? This course shows you how to manage files, customize settings, and use essential features with ease.	• Navigate macOS Interface • Manage Files and Folders • Customize System Preferences • Maintain and Backup macOS
PowerPoint Mac Basic 4 hours	Looking to create impactful presentations on your Mac? This course teaches you how to design, edit, and deliver slides using PowerPoint for Mac.	• Create New Presentations • Add and Format Slides • Insert Images and Charts • Deliver Effective Slide ShowsSources
PowerPoint Mac Intermediate 5 hours	Ready to level up your PowerPoint skills? Learn intermediate formatting, animations, and slide master tools for Mac presentations.	• Apply Advanced Formatting • Insert and Edit Graphics • Utilize Slide Masters • Create Self-Running Presentations
Word Mac Basic 4 hours	New to Word for Mac? Learn how to create documents, format text, and organize content with this beginner-friendly course.	• Create and Save Documents • Format Text and Paragraphs • Insert and Edit Tables • Apply Page Layout Settings
Word Mac Intermediate 4 hours	Looking to enhance your Word skills on Mac? This course covers intermediate features like tables, graphics, styles, and long document management.	• Create and Format Tables • Insert and Edit Graphics • Apply Styles and Themes • Manage Long Documents
Salesforce 4 hours	Looking to streamline your sales process? This course teaches lead management, opportunity tracking, and report generation.	• Manage leads, accounts, & opportunities • Use tasks, notes, &: the calendar • Create views, reports & dashboards • Collaborate in Chatter
Slack 3 hours	Ready to improve team collaboration? This course shows you how to use Slack for messaging, channels, calls, and productivity tools.	• Navigate Slack Interface • Send Direct Messages • Manage Channels Effectively • Initiate and Manage Calls
Zoom 2 hours	Enhance your virtual meetings with Zoom. This course teaches you to schedule, host, and manage online meetings effectively.	• Host Zoom Meetings • Schedule Video Conferences • Share Screens Seamlessly • Manage Participants Efficiently

Courses Feature

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"So impressed with your features and ease of use!"

San Diego Public Library

★★★★★
4.9 out of **5** on G2

🧠 Mental Health Courses

Course	Description	What You'll Learn
ADHD 1 hour	Struggling with focus and productivity? Understand ADHD & learn strategies to manage symptoms & boost your performance.	• Understand ADHD basics • Identify ADHD symptoms • Manage ADHD effectively • Explore treatment options
Breaking Bad Habits 1 hour	Stuck in a cycle of bad habits? Break free, build healthier routines, and boost your well-being with proven techniques.	• Understand habit psychology • Identify and track triggers • Break & replace habits • Overcome setbacks effectively
Imposter Syndrome 1 hour	Do self-doubts hold you back? This course helps you overcome imposter syndrome & build confidence to succeed in your career.	• Spot Imposter Syndrome signs • Explore causes & impact • Debunk Imposter Syndrome myths • Combat it with practical tool
Stress Management 1 hour	Is stress holding you back? This course helps you master techniques to reduce anxiety, improve focus, & boost well-being.	• Identify stress triggers • Practice relaxation hacks • Master time management • Apply stress-free techniques

Courses Feature

▶ Learn by doing   ❓ Skill assessments   ✏️ Editable content   ✸ Certificates

🌱 Personal Growth Courses

Course	Description	What You'll Learn
Building Self-Esteem 1 hour	Is self-doubt holding you back? This course helps boost your confidence, build self-esteem, & unlock your full potential.	• Identify self-esteem traits • Understand self-esteem roots • Boost self-esteem effectively • Handle criticism positively
Life Coaching Basics 1 hour	Passionate about helping others? Master life coaching fundamentals to empower personal growth and create lasting change.	• Understand life coaching basics • Master active listening • Build trust in coaching • Grow your coaching practice

Courses Feature

⇱ Learn by doing   ❓ Skill assessments   ✏ Editable content   ✹ Certificates

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
🚶 Relationships Courses

Course	Description	What You'll Learn
Positive Parenting 1 hour	Curious about Positive Parenting? This course helps you build strong parent-child relationships, set boundaries, and foster resilience.	• Master positive parenting • Build strong family bonds • Tackle parenting challenges • Foster growth in kids
Social Intelligence 1 hour	What steps can you take to boost social intelligence? This course focuses on empathy, body language, listening, and relationships.	• Develop social intelligence • Build relationships actively • Overcome social anxiety • Excel in all interactions

Courses Feature

➤ Learn by doing   ❓ Skill assessments   ✏️ Editable content   ✹ Certificates

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  - **Well-Being**
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"CustomGuide captures the interest of both novice and super users."

City of Columbus

★★★★★
4.9 out of **5** on G2

Users Love Us

🖤 Well-Being Courses

| Course	Description	What You'll Learn
Increase Your Happiness 1 hour	Want to boost your happiness? This course explores the science of happiness, positive psychology, and practical strategies for well-being.	• Master the science of happiness • Hasness Positivity for joy • Balance work & life • Create a happiness plan
Mind Mapping for Wellness 1 hour	Want to enhance your well-being? This course teaches mind mapping techniques for nutrition, fitness, and mental health.	• Create clear mind maps • Apply mapping to wellness • Use Advanced mapping tools • Map daily lifestyle choices
Mindfulness 1 hour	Want to embrace mindfulness? This course covers its origins, science, techniques, and daily applications.	• Create clear mind maps • Map wellness & nutrition • Use advanced techniques • Integrate mapping daily
Reverse Aging 1 hour	Want to reverse aging? This course explores diet, exercise, skincare, and advanced anti-aging strategies.	• Learn reverse aging science • Optimize diet & exercise • Improve skincare routine • Create an anti-aging plan
Self Care Essentials 1 hour	Want to master self-care? This course covers physical health, emotional well-being, and practical self-care strategies.	• Unlock physical self-care • Practice emotional wellness • Nurture social connections • Create a self-care routine
Weight Loss Plan 1 hour	Looking to shed pounds effectively? This course covers nutrition, exercise, portion control, and tracking progress.	• Discover key exercises • Navigate fats for health • Apply portion control • Track progress effectively

Courses Feature

➤ Learn by doing   ❓ Skill assessments   ✏️ Editable content   ✸ Certificates

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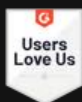
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  - Relationships
  - Well-Being
  - **Work-Life Balance**

⚖️ Work-Life Balance Course

Course	Description	What You'll Learn
Work-Life Balance Basic 1 hour	This course helps you identify personal values, set priorities, and implement strategies to achieve a harmonious work-life balance.	- Define & spot imbalance - Time-block for productivity - Manage stress effectively - Embrace flexibility & mindfulness

Courses Feature

▸ Learn by doing	? Skill assessments	✎ Editable content	✸ Certificates