



Instructions to Access El Courses

The Emotional Intelligence (EI) Microlearning Courses have been developed to help nurses and personal support workers learn about, and develop, EI skills in home-based palliative care. These practical skills will equip palliative care clinicians with the ability to navigate the emotional complexities faced when dealing with life-limiting illnesses.

To access the courses:

- 1. Go to https://learn.cdnhomecare.ca/.
- 2. Select the desired learning path "Emotional Intelligence Courses for Nurses" or "Emotional Intelligence Courses for Personal Support Workers" and click on "Access the El Microlearning Courses".
- 3. Select the course that you would like to start with. Click on the title of the course (e.g., "Emotional Self-Awareness and Mindfulness") or click on "Go to the course". You will be directed to a Sign Up/Log in page.
- 4. Select **"Sign Up"**, enter your full name (first and last), email address, and a password, and hit **"Sign Up"** to access the course (see screenshot below). The name you enter here will appear on the certificate of completion.

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Please note:

- Your progress will be saved if you are unable to complete a course in one sitting.
- Narration is available for each course and can be turned off, if desired.
- 5. Once you have completed the course, you may download a certificate of completion.
- Next, click on "Close course" and either close your browser tab or click on "My courses" to go to your learner dashboard. The learner dashboard will display "Active" courses – courses you have started, but not completed – and "Completed" courses.
- 7. To select another course, go to "Emotional Intelligence Courses" at the top of the page and select "El Courses for Nurses" or "El Courses for Personal Support Workers" (see screenshot below).

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COURSE 1: Principles of a Palliative Approach to Care – Emotional Self-Awareness and Mindfulness	El Courses for Nurses El Courses for Personal Support Workers
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