

Online Employee Wellness Resource: Partnership with LifeSpeak — FREE for School Districts

As school districts work 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.

To assist school districts in making credible resources available to your employees, BCPSEA has negotiated a limited time partnership with **LifeSpeak on Demand (LifeSpeak)**.

Starting immediately and continuing through to the end of August 2020, this partnership provides all 60 public school districts with **FULL ACCESS** to the online services and supports offered by LifeSpeak.

This means that each school district can provide access to the expert and informed content on LifeSpeak's fully bilingual online wellness platform **to ALL employees and school trustees**.

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.



Is there a cost?

- ❖ There is absolutely **no cost** to BC public school districts.
- ❖ Districts can provide access to **ALL school district employees and school trustees FREE** for five months starting immediately through to August 31, 2020.

How do I access LifeSpeak?

- ❖ LifeSpeak can be accessed at <https://bcpsea.lifespeak.com>; Client password: lifespeak