

A stylized teal rocket ship is shown launching from the bottom left, ascending towards the top right. The rocket has a white circular window and is surrounded by teal smoke or clouds. The background is a dark teal gradient with a large white circle on the left side.

Locked Down Learning

A compilation of 33 FREE to use resources, articles, webinars and videos – specially curated to make the most of the Lockdown.

You'll find pretty much everything here from practical to aspirational and inspirational. Click on the logos to link through to the content.

Massive thank you to friends, colleagues and associates for permission to link through to their resources. How wonderful to see so many experienced professionals donating their skills, knowledge and experience to us all.

And I know you know... but do remember, it's not a competition. The purpose of this is to specifically help those in L&D / HR / Leadership / Coaching roles to provide relevant and useful resources to others – not to try and suggest we all need to come out the other side with at least one new language and ability to code, all whilst home-schooling and doing up the garden.

[Katy Walton: Real Progress](#)

Webinars



All things Working from Home. Every Monday at 10am. Thanks to [Barry Ennis](#) of The Wake Up Method



HR themed webinars and panel discussions.



Upcoming and pre-recorded webinars with a people focus during CV-19



Upcoming and pre-recorded webinars



Tactics for managers to keep their remote workers engaged

Courses



126 free courses from digital marketing to the science of well-being



2500+ online courses from over 140 institutions from Spanish to public speaking



Hundreds of free courses online from art in ancient Egypt to sport coaching



Hundreds of free resources for families and kids of all different ages and interests

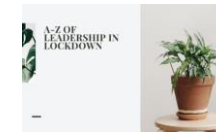


BBC bitesize lessons for all ages plus support for parents

Resources



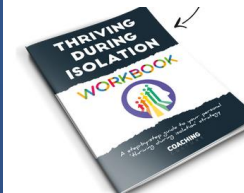
Working from Home toolkit. Thanks to [Well Prepared Training](#)



A-Z of leadership in lockdown. Thanks to [Hayley Brackley](#)



Leadership energy monitor. Thanks to [Toby Sinclair](#)



Thriving in isolation diagnostic and resources. Thanks to [Coaching Culture](#)



Self coaching tools and resources. Thanks to [Sandra Whiles](#)

Articles



Leading virtual teams Q&A



10 tips for virtual collaboration



How to keep remote workers wellbeing high



How to reassure your team when the news is scary



Leading through uncertainty



How to work from home

Videos / recorded webinars



Loads of tips on everything from change to using Zoom, Webex and Teams. Thanks to [The Virtual Training Team](#)



Art of Brilliance – Wellbeing Wednesday. Videos to support being your best self. Thanks to [Dr Andy Cope](#)



Everything you need to know about furloughing. Thanks to [Nicki Mawby](#) and [HR Connect over Coffee](#)



Coaching your team for remote working success. Thanks to [Shaun Beck](#) and the [One Group](#)



Fitness studio. Videos on aerobic exercise, strength, pilates and yoga

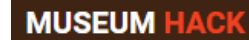


Managing remote workers in a crisis. Thanks to [Lizzie Benton](#)

Virtual team building ideas



15 team building activities and games for remote workers



51 virtual team building activities and games



Virtual team building activities and games



48 Virtual team building activities and games



All about virtual team building plus great ideas



5 great icebreakers for virtual teams