On-Demand Video Outlines

MAT's on-demand products are available for free anytime, anywhere. These short but dynamic lessons are designed to offer learners a content-packed learning experience in one hour or less.

* [#ResponsibleRecreation](https://youtu.be/Nxk8GROY8go) - This 17-minute webinar covers the #ResponsibleRecreation campaign and guides viewers on how to improve their relationship with nature.
* [Self-care and Compassion](https://youtu.be/qZPzrPnvBJI) - This 25-minute webinar discusses the importance of self-care and our daily needs to process current stressors. We will also explore the range of emotions affecting us and use compassion and encouragement as a move to action.
* [Team-care and Compassion](https://youtu.be/wmgQ3sVY1c4) - This 20-minute webinar covers the importance of team-care and how to best support others dealing with current stressors. Compassion and encouragement will be used as the focus to help us move to action.
* [Supervisory Skills 101](https://youtu.be/W2RrCr2mUg0) - This one-hour webinar offers supervisors a different framework on how to manage high-middle-low performers from hire to retire through dialogue and documentation.
* [Power of Empowerment](https://youtu.be/szT-pOCCVU0) - This 30-minute webinar discusses the five levels of leadership and how, through empowerment, greater results can be achieved for the individual, team, department, agency, and more!