The Self-Investigation is a foundation that provides a variety of services aimed at improving media professionals' well-being. It is led by multi-lingual, certified coaches and trainers with five decades of media experience combined. Our offerings include basic stress management and digital wellness courses for journalists and a course to help managers lead effectively by integrating wellbeing into their personal and team work routines.

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- Get to know our [Online Academy](https://www.theselfinvestigation.com) and take one of our in-depth courses in English or Spanish
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- We also have monthly live sessions with our trainers and guest speakers. Past sessions include: “How to negotiate limits with yourself and others” and “How to keep your calm when anxiety strikes”, among others. Sign-up [here](https://www.theselfinvestigation.com)}