Well-being Workshops

WORKSHOPS FOR EMPLOYEES

Self-Care
- Stress & Burnout
- Mindfulness & Meditation
- Life Balance
- Food & Mood
- Practicing Gratitude
- Laughter is Good Medicine
- Sleep
- Getting in Financial Shape
- Holiday Blues

Workplace
- Effective Communication
- Compassion Fatigue
- Dealing with Difficult People
- Thriving Through Change
- Multi-Generation Workplace
- Teambuilding
- Time Management
- Coping with Conflict

WORKSHOPS FOR LEADERS

- How to Help a Troubled Employee
- Engaging and Empowering Your Team
- Leading Mixed Generation Teams
- Learning and Work Styles
- Leaders Managing Stress and Competing Demands

For more information or to request a workshop call 800.477.2258.