THURSDAY 10.13.22 11:00-12:00 ET

**Training:** Creating a Personal Wellness Self-Care Plan

Description: In this session, you will explore ways to create wellness plans that sustain the benefits of the wellness self-care practices of the series. You will be re-oriented to the pause, breathe, move, and nourish practices to re-experience the benefits as you work toward establishing self-care daily plans.

Objectives: *By the end of the session, participants will be able to:*
- Describe the benefits of pause, breathe, move, and nourish practices
- Define wellness strengths in 8 dimensions
- Define strategies for focusing on self-care practices as part of a daily wellness plan
- Create a wellness self-care plan

[Click HERE to register for this session](#)

THURSDAY 10.27.22 10:30-12:00 ET

**Learning Collaborative:** Implementing Organizational Self-Care Programs

Description: Wellness self-care practices can support and build resilience. Organizations that promote self-care among the workforce can implement programs for staff, who can then promote wellness and self-care among the people they serve. This session will describe how organizations have implemented successful wellness self-care programs. This session will provide you a structure to plan a self-care program at your organization.

Objectives: *By the end of the session, participants will be able to:*
- Identify self-care strategies that help build resilience
- Explain different organizational self-care programs
- Describe the benefits of implementing an organization-wide self-care program

[Click HERE to register for this session](#)

THURSDAY 11.3.22 11:00-12:00 ET

**Training:** Workplace Resources for Wellness

Description: This session will provide information and resources to assist with starting each workday mindfully and finding calm to re-energize and re-focus. You will learn how to access over 100 free mindful meditations, guided visualizations, and yoga practices online. You will also participate in some mindful meditations to experience the benefits.

Objectives: *By the end of the session, participants will be able to:*
- Describe the benefits of mindful practices
- Practice using guided meditations
- Identify your own personal reactions to the practice
- Locate and access free wellness resources

[Click HERE to register for this session](#)
**Learning Collaborative: Building a Workplace Wellness Culture**

**Description:** Every organization has its own culture, based on its values, traditions, communication patterns, and policies. Different factors in an overall agency, a worksite, and a team can support or obstruct employee wellness. This interactive session will introduce concepts, tools, and strategies to evaluate and improve the wellness culture at your workplace.

**Objectives:** *By the end of the session, participants will be able to:*
- Describe how to create a workplace culture of wellness and why it is important
- List ways a wellness culture can support job satisfaction and success
- Apply resources to facilitate and foster a wellness culture (inclusive of 8 dimensions of wellness)
- Identify tools and strategies for staff to promote self-care and wellness in the workplace

*Click HERE to register for this session*

**Training: Winter Wellness Planning**

**Description:** The end of the year includes lots of changes in weather and activities that can impact well-being. Many experience challenges with isolation, as well as complex feelings and experiences related to holidays. Planning for winter changes can reduce their effects, prevent negative health impacts, and enhance coping and resilience. This session will provide an opportunity for participants to create their own winter wellness plan and a workplace winter wellness plan.

**Objectives:** *By the end of the session, participants will be able to:*
- Explore winter wellness factors across the 8 dimensions of wellness
- Anticipate personal challenges to staying well during the winter
- Identify personal strengths in maintaining and increasing winter wellness
- Use a Winter Wellness Planner to maintain purpose and connection

*Click HERE to register for this session*

**Learning Collaborative: 2023 Wellness Planning**

**Description:** Ring in 2023 by joining us to create a wellness plan to build and sustain your wellness and self-care practices in the new year. This session will help you to identify the self-care practices you are currently doing well and the strategies you would like to do or do more of in 2023. Join us to explore how to continue to implement wellness self-care practices and organizational resources to strengthen you personally and professionally including our Wellness Virtual Toolbox and resource

**Objectives:** *By the end of the session, participants will be able to:*
- Identify wellness self-care strengths and activities
- Describe what wellness self-care practices to strengthen or improve
- Explain the value of creating a wellness self-care plan
- Access the Wellness Virtual Toolkit self-care resources
- Identify ways organizations can promote a wellness workplace culture
- Describe peer support approaches for building and maintaining resilience

*Click HERE to register for this session*