



Wellness Training Learning Collaborative

Training and Learning Collaborative Sessions

TUESDAY
06.21.22

Wellness Training and Learning Collaborative Kickoff Celebration and Overview

1:00-2:00 &
4:00-5:00 EDT

Description: Join us to learn about the array of Wellness-Training and Learning Collaborative (WTLC) tools, resources, and learning opportunities available July 2022 through January 2023. This interactive session will share what the WTLC and Wellness Virtual Toolbox have to offer and how you can participate and benefit! You will learn more about and practice simple wellness self-care strategies to create better work-life balance.

Click to register for the [1:00-2:00 session](#) or the [4:00-5:00 session](#)

THURSDAY
07.07.22

Training: Wellness in 8D for Personal and Professional Practice

11:00-12:00
EDT

Description: Wellness is an inspiring and powerful word. A wellness philosophy supports healthy lifestyle habits that, in turn, have positive effects on quality of life. This session will examine the wellness in 8-dimensional model (8D) as a lens you can use to create or re-create work-life balance. This interactive session offers you the opportunity to examine personal strengths and areas for personal growth to build resilience. You will have the chance to explore how this model can be applied personally and professionally.

Objectives: *By the end of the session, participants will be able to:*

- Define wellness and personal needs and strengths in the 8 dimensions
- Create a plan for personal work-life balance

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

THURSDAY
07.28.22

Learning Collaborative: Wellness in 8 D for Organizational Wellness

10:30-12:00
EDT

Description: Join us to learn how you can help your organization to adopt the wellness in 8-dimensions model (8D) model to benefit employees and people served. In this session, we will collaboratively examine organizational structures, processes, and programs that align with the 8 dimensions to build staff and organizational resilience.

Objectives: *By the end of the session, participants will be able to:*

- Define the 8-Dimensional Model of wellness
- Identify individual, organizational, and peer support approaches for wellness and self-care
- Describe the structures and processes available to promote organizational resilience

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

August, September, October: The Wellness Self Care Program

Healthcare professions are skilled at providing compassionate and effective services to people through difficult times. Taking care of one's own self-care and being supportive in the workplace is essential. Join us during to engage in a series of interactive sessions to empower professionals to practice simple self-care strategies to stay well. Learn how to build these wellness self-care habits into day-to-day life.

THURSDAY
08.18.22

11:00-12:00
EDT

Training: Making the Time to Pause and Unplug for Self-Care

Description: Healthcare professionals are trained to support, educate, and inspire others, yet they may have difficulty tending to their own well-being. Burnout, compassion fatigue, and poor performance on the job can impact colleagues, people served, as well as family and friends. Attention to self-care and simple daily practices can build resilience and increase a person's overall wellness. This session will introduce the practice of taking time for yourself and, specifically, taking a few moments to "pause." The overall purpose of the session is to focus on the present moment taking time to pause to learn how to become aware of thoughts and breath.

Objectives: *By the end of the session, participants will be able to:*

- Define the value of pausing and unplugging
- Consider how to take a few minutes daily to unplug and practice the pause
- List benefits of taking time to pause during the day

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

THURSDAY
09.15.22

11:00-12:00
EDT

Training: Making the Time to Breathe, Move and Nourish Yourself

Description: This session of the self-care series addresses taking time for yourself, specifically breathing, moving, and nourishing your body and mind. The overall purpose of the session is to focus on the present moment and become aware of thoughts and your breath, to move mindfully, and to think about how to nourish the mind and body to improve mood, decrease anxiety, and lessen the feelings of stress.

Objectives: *By the end of the session, participants will be able to:*

- Apply pause to focus awareness on breathing to relax and calm the mind and body
- Practice gentle stretches and movements to release tension and refocus
- Nourish your mind and body

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

THURSDAY
09.22.22

10:30-12:00
EDT

Learning Collaborative: Tools and Tactics for Getting a Restful Sleep

Description: The session focuses on the importance of sleep and rest and how to use the strategies presented throughout the self-care series to help you fall asleep and stay asleep.

Participants will explore using what they have learned about pausing, breathing, moving, and nourishing the body and mind to relax into a restful sleep.

Objectives: *By the end of the session, participants will be able to:*

- Explain how and why sleep is essential for overall health and wellness
- Describe common sleep issues and consider impact of sleep deprivation
- Identify self-care strategies for improving and maintaining healthy sleep routines
- Consider wellness self-care practices that can help create and/or restore a restful sleep

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

THURSDAY
10.13.22

11:00-12:00
EDT

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
EDT

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

More Training & Learning Collaborative Sessions

THURSDAY
11.3.22

11:00-12:00
EDT

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

THURSDAY
11.17.22

10:30-12:00
EDT

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

THURSDAY
12.08.22

11:00-12:00
EDT

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

THURSDAY
1.19.23

10:30-12:00
EDT

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.

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
- Develop a personal wellness plan

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

THURSDAY
1.26.23

11:00-12:00
EDT

Training: The WTLC Finale!

Description: Join us to explore how to continue to implement wellness self-care practices and organizational resources to strengthen you personally and professionally. The session will review the Wellness Virtual Toolbox and resources available in 2023!

Objectives: *By the end of the session, participants will be able to:*

- 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