



Bringing Wellness into the Workplace

VIRTUAL TRAINING

We are living in challenging times that are creating more stress, which often leads to BURNOUT. It's time to take a closer look at how to stop burnout, before it starts, and how to bring more Wellness into the Workplace. A successful Wellness Program is more than just offering membership at a gym or yoga class offered at lunch. People who are engaged in both their work and their personal life are happier and more productive overall.

Learn the effect stress and burnout have on people and companies. Get ideas on how to implement a simple and effective Wellness Program that will engage and inspire employees.

Topics Covered Include:

- Understanding the difference between stress and burnout
- Recognizing the consequences of chronic stress
- Recognize the warning signs of burnout
- Strategies for coping and managing stress
- Defining Wellness and rethinking your work culture
- How coaching can help people realize their full potential

Thursday, June 27, 2024

12:00 - 1:00 PM

FREE for employers in the following counties:

Amador	Calaveras	Inyo	Kern	Madera	Mariposa
Merced	Mono	San Joaquin	Stanislaus	Tulare	Tuolumne

Click Here to Register Today!



Central Valley counties have partnered with the California Employers Association to provide a NO-COST HR HOTLINE to employers!

Kern/Inyo/Mono Co. 888-201-5817	Madera Co. 888-202-4895	Merced Co. 888-906-0041	Mariposa/ Tuolumne/ Calaveras/ Amador 888-201-7101
Tulare Co. 888-563-2373	San Joaquin Co. 888-202-2207	Stanislaus Co. 888-203-0734	