

For More Information

If you are interested in offering training through the Team Awareness NY program, please contact:

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Specialized Training for Workplace Wellness



What is Team Awareness NY?

Team Awareness NY is a workplace wellness training program designed to increase the overall wellbeing of the workforce and support a healthy work culture.

Team Awareness trainers in your area offer a menu of programs, based on the needs of the entire company or even a subset of the company. The program consists of three individual trainings (Ripple Effect of Wellbeing, Resilience & Thriving and Empowered Health Consciousness) and can be scheduled in person or virtually to meet the needs of each business. Additional workshops are also available.

Team Awareness NY is facilitated by trained professional educators and is highly interactive, using group discussion, communication exercises, and self-assessments.

Benefits Team Awareness NY Offers

Team Awareness NY has been shown to increase employee help-seeking behavior and supervisor responsiveness to workers with issues such as stress, anxiety, burnout, fatigue, and substance misuse. It not only reduces the rate of problem substance use among employees, but also has been proven to improve the workplace's emotional climate and team culture.

Results are achieved by the trainings include:

- Promotion of a healthy workplace environment
- Promotion of increased communication and support between colleagues
- Improve of knowledge and attitudes around stress, fatigue, anxiety, substance misuse and other mental health concerns in the workplace

Our Training Modules



Ripple Effect of Wellbeing

How to recognize and act on the importance of interconnectivity between oneself, the workplace, and the community. How to tap into the strength and resilience of your team.



Resilience & Thriving

How to identify the effects of stress and learn healthy coping skills.



Empowered Health Consciousness

How to embrace a wellness-focused lifestyle and reduce substance misuse and increase overall mental wellbeing.

