



# Are your Employees *Only* Coping? Provide Them with Tools to Thrive!

## Team Awareness and Workplace Wellness: modules to strengthen your team!

### IT'S EASY.

We provide easy-to-use and practical skills for identifying and reducing stress at home and work.

### IT'S POSITIVE.

Participants learn how to use stress as a positive opportunity to develop resilience and thriving.

### IT'S WIDELY USED.

The tools we provide are widely used in a range of businesses and have achieved positive outcomes.

### IT'S EVIDENCE-BASED.

Tools we will share are grounded in solid research.

### IT'S ADAPTABLE.

Courses are offered in 60- to 180-minute segments. They are modular and are tailored to meet your needs.

### We Offer:

**Small Business Owner Dialogue/Assessment (500 employees or less):** One-on-one conversation (60 minutes) with small business owner/CEO/President or designee to explore what types of health promotion and well-being services might be best for you and those who work with/for you. Topic areas include business philosophy, policies and training, insurance/workers compensation/EAP, health and productivity, owner perceptions and stress, time management, owner perception of meaningful work, and interested areas for future training.

**The Ripple Effect of Well-Being:** This workshop is foundational to workplace wellness concepts. The primary objective is to recognize and act on the importance of support and interconnections between yourself, others, the workplace, and community. Participants will be fully engaged in discussions and activities during this workshop. This is ideal for employee groups, supervisors/managers, and community/groups.

**Resilience to Thriving:** This workshop focuses on multi-dimensions of stress including warning signs of stress, lifestyle and coping-style strengths and the SECRET for using stress as a positive resource for resilience and thriving. This workshop is ideal for employee groups, supervisors/managers, and community/groups.

**Empowered Health Consciousness:** This workshop is designed to build health consciousness across multiple dimensions of wellness and teaches participants the strategies to navigate unhealthy behaviors and increase commitment towards healthy behavior. This workshop is ideal for employee groups, supervisors/managers, and community/groups.

### Contact Us Today!

**Monroe County:** Kara Cloud [kcloud@depaul.org](mailto:kcloud@depaul.org) or Jennifer Faringer [jfaringer@depaul.org](mailto:jfaringer@depaul.org)

**Erie County:** Robin Mann [rmann@thepreventioncouncilec.org](mailto:rmann@thepreventioncouncilec.org) Lamont Pugh [lpugh@thepreventioncouncilec.org](mailto:lpugh@thepreventioncouncilec.org)  
Vanita Jamison [vjamison@thepreventioncouncilec.org](mailto:vjamison@thepreventioncouncilec.org)

**Genesee & Orleans Counties:** Sheila Harding [sharding@uconnectcare.org](mailto:sharding@uconnectcare.org); Jessica Kaiser [jkaiser@uconnectcare.org](mailto:jkaiser@uconnectcare.org); Gina Henry [ghenry@uconnectcare.org](mailto:ghenry@uconnectcare.org)

**Steuben Counties:** Stacey Wing [stacey.wing@dor.org](mailto:stacey.wing@dor.org) Hanna Corcoran [hanna.corcoran@dor.org](mailto:hanna.corcoran@dor.org) Roxanne Heaney [Roxanne.heaney-rumsey@dor.org](mailto:Roxanne.heaney-rumsey@dor.org)  
Kacey Scheib [Kacey.scheib@dor.org](mailto:Kacey.scheib@dor.org)



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