

Mental Well-Being @ Work

a workshop celebrating
Mental Health Awareness Month

*learn tactics in how to increase well-being
and decrease stress @ work*



"A thriving organization starts with the well-being of its employees. This workshop helps your team to develop practical skills in how to increase well-being, decrease stress and protect against burnout".

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Key Learnings:

- Understanding the stress response and indicators of burnout at work
- Tactics in how to increase well-being and reduce stress including:
 - How to interrupt the stress response
 - Proactive psychological self-care strategies i.e. mindfulness, gratitude, growth mindset
 - How to set healthy work-life boundaries
 - How to alleviate the bad habit of "over-meeting" and make space in your calendars
 - How to develop a personalized, and realistic, self-care plan
 - Participants will leave with a deeper understanding of how to combat against burnout

Format: 1-hour in length, any number of participants, in-person or virtual