

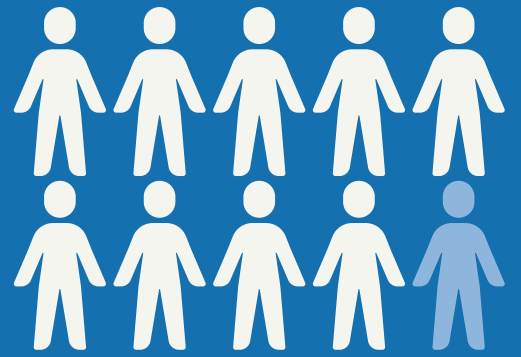


# WELLBEING WORKSHOPS

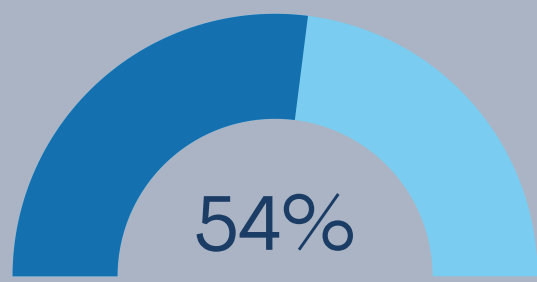
## Improving Employee Wellbeing

### SELF-CARE

Self-care is putting time and care into your emotional and physical wellbeing. Lack of time is a major prohibitive factor in engaging in self-care. Learn how to prioritize yourself in simple, practical ways.



9 out of 10 motivated by wellbeing initiatives



increase in productivity with wellbeing programs

### IMPROVING SLEEP

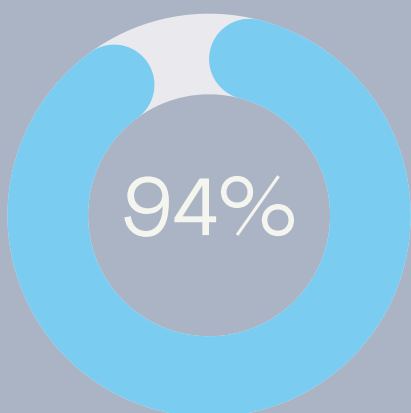
Sleep deprivation negatively impacts work performance, productivity, physical and emotional health. This workshop will help employees understand the basics of sleep hygiene and set up their own sleep routines.

### GOAL SETTING

Goal setting keeps employees motivated, helps them focus on priorities, enhances their decision-making skills, promotes teamwork, improves time management, and measures employee and organization success.



exhibit signs of burnout



experience stress at work

### PREVENTING BURN OUT

Many factors contribute to burnout, but it is preventable. Therefore, it's crucial to recognize the signs of burnout to prioritize prevention and recovery.

WE SUPPORT EMPLOYEE WELLBEING BY ENSURING THEY ARE HEALTHY, JOYFUL, SUCCESSFUL, AND SUPPORTED IN THE WORKPLACE.

