

Bringing Wellness into the Workplace

It's time to take a closer look at how to stop burnout before it starts, and bring more wellness into the workplace. A successful wellness program is more than just offering a membership at a gym or yoga class offered at lunch. Wellness involves active engagement in the attitudes and behaviors that enhance the quality of life and personal potential for your employees. People who are engaged in both their work and their personal life are happier and more productive overall.

Join us to learn about:

- 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

Wednesday, August 9, 2023

10:00 - 11:00 AM

Free for Monterey County Employers!

Register Now!

Or register by using your phone to scan the QR Code →



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The Monterey County Workforce Development Board has partnered with the CEA to provide a NO-COST HR HOTLINE!

888.217.6899

Hotline Hours: Monday - Friday, 8 a.m. - 5 p.m.