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WELL AT WORK(SHOPS)

Mission-Driven (adjective): Grounded and motivated by a sense of purpose, often in service to a community, the environment, or the arts.

Well at Work(shops) are customizable workshops designed to meet the needs of your mission-driven team. These interactive workshops address the ways work can affect our physical, mental and emotional wellbeing and teach practical, actionable techniques that promote wellness in the workplace at both the individual and organizational level.

Workshops can run from 1.5 hours to full day events, and can be customized to meet the specific needs of your organization. The core of each Well at Work(shop) addresses the following:

Goals

- 1) Learn to identify and acknowledge the signs of stress early so we can address them before they get us into trouble (aka burnout)
- 2) Acquire tactics and equip ourselves with tools we can use to cope with stress in the workplace (and a few you can bring home)
- 3) Discover strategies to support one another and promote a culture of physical, mental and emotional wellness at your organization

Takeaways

- Work-specific self-care strategies customized for mission-driven staff
- Specialized productivity tools for mission-driven staff
- Confidence building tactics designed for mission-driven staff
- An approach that creates an environment for healthy, empowered employees

Please contact Aubrie at aubrie@opportunity.kitchen or (215) 407-1288 to bring a Well at Work(shop) to your organization.