

# Workplace Wellness Training

## Workshop & Walk In Schedule

<b>January 25th</b>	<b>January 31st</b>	<b>February 8th</b>	<b>February 14th</b>
Workshop: Draw out your stress to build boundaries, not walls 1:00pm-2:30 pm	Workshop: The world keeps turning: Navigating the heartache of loss while working 9:00am-10:30am	Workshop: Improving overall wellness to improve sleep 9:00am-11:30am	Workshop: Values & Creativity 2:00pm-3:30pm
Walk Ins with Lynnette: 2:30pm-4:00 pm	Walk Ins with Lorraine: 10:30am-12:00pm	Walk Ins with Lynnette: 11:30am-12:00pm	Walk Ins with Lauren: 3:30pm-5:00pm
<b>February 22nd</b>	<b>February 28th</b>	<b>March 7th</b>	<b>March 13th</b>
Workshop: Managing Mental Health Stigma to Better Navigate your Profession 2:00-3:30pm	Workshop: Be Well + Be U: an inner journey   Connecting to Self-Care 10:00am-11:30am	Workshop w Valeria: Title TBD 10:00am-11:30am	Workshop: Stories of strength and love in the face of grief 1:00pm-2:30pm
Walk Ins with Janee: 3:30pm-5:00pm	Walk Ins with Jessica: 11:30am-1:00pm	Walk Ins with Valeria: 11:30am-1:00pm	Walk Ins with Lorraine: 2:30pm-4:00pm
<b>March 21st</b>	<b>March 27th</b>	<b>April 3rd</b>	<b>April 10th</b>
Workshop: Workplace Self-care and Emotional intelligence 1:00pm-2:30pm	Workshop: Environmental Exploration & Stress Relief 9:00am-10:30am	Workshop: Hike & Leave No Trace Principles at Work 9:00am-10:30am	Workshop: Be Well + Be U: an inner journey   Connecting to commUNITY 2:00pm-3:30pm
Walk Ins with Lynnette: 2:30pm-4:00pm	Walk Ins with Lauren: 10:30am-12:00pm	Walk Ins with Lauren 10:30am-12:00pm	Walk Ins with Jessica: 3:30pm-5:00pm
<b>April 18th</b>	<b>April 24th</b>	<b>May 1st</b>	<b>May 9th</b>
Workshop with Valeria: Title TBD 2:00pm-3:30pm	Workshop: Managing the demands of caregiving 10:00am-11:30am	Workshop: The Psychology of Money and Financial Boundaries 10:00am-11:30am	Workshop: Leave It Better Than You Found It 1:00pm-2:30pm
Walk Ins with Valeria: 3:30pm-5:00pm	Walk Ins with Lorraine: 11:30am-1:00pm	Walk Ins with Lynnette: 11:30am-1:00pm	Walk Ins: 2:30pm-4:00pm

Log into the website and click the “Program” tab to choose your provider and book your 1:1 consultation time.

[workplacewellnesstraining.com](http://workplacewellnesstraining.com)