

Workplace Resilience and Wellness

Days: 1

Prerequisites: None

Audience: Open to all employees – individual contributors, support staff, team members, emerging leaders, supervisors, and managers. This course is designed to benefit anyone seeking to improve their well-being and resilience in the workplace.

DESCRIPTION:

Workplace wellness and resilience are essential for maintaining mental, emotional, and physical health across all roles and responsibilities. Resilience helps individuals adapt and thrive during challenges, while wellness practices support sustainable productivity and personal well-being to create a psychologically safe work environment. This course equips participants with practical strategies to foster wellness and build resilience for individuals and teams, regardless of job title or function.

COURSE OBJECTIVES: This workshop teaches participants to:

- Understand the principles of workplace wellness and resilience.
- Identify workplace stressors and effective techniques to manage stress.
- Improve physical health through better sleep, nutrition, movement, and workspace design.
- Enhance emotional intelligence, adaptability, and stress management skills.
- Develop an actionable workplace wellness and resilience plan.

OUTLINE:

LESSON 1: INTRODUCTION AND COURSE OVERVIEW

The instructor will spend the first part of the day connecting with participants and discussing what will take place during the workshop. Participants will also have an opportunity to identify their personal learning objectives.

LESSON 2: DEFINING WORKPLACE WELLNESS AND RESILIENCE

Participants will delve into the core principles of workplace wellness and resilience, examining how well-being influences productivity, mental health, and overall job satisfaction. Through thoughtful discussion, they will unpack the dimensions of resilience – mental, emotional, physical, and social – to consider how each contributes to navigating professional challenges. The session will also encourage personal reflection on current wellness levels and highlight the vital role resilience plays in fostering a thriving work environment.

LESSON 3: IDENTIFYING WORKPLACE STRESSORS

Participants will uncover common workplace stressors and recognize their symptoms through the use of Stress Mapping and guided discussion. The session concludes with practical strategies for managing and reducing stress effectively.

LESSON 4: PHYSICAL HEALTH AND ITS ROLE IN WORKPLACE RESILIENCE

This session highlights the essential connection between physical health and resilience, exploring key topics such as sleep hygiene, nutrition for sustained energy and focus, and the creation of a supportive workspace through ergonomic design and natural light. Participants will also discover practical ways to integrate movement into their workday – through guided stretches and chair yoga – emphasizing how physical well-being strengthens our capacity to thrive amid workplace challenges.

LESSON 5: BUILDING EMOTIONAL AND TEAM RESILIENCE

Participants will examine resilience at both the individual and team levels, emphasizing the importance of emotional intelligence, a growth

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mindset, and actionable strategies to cultivate a resilient workplace culture. Through interactive discussions and activities, participants will explore how these elements contribute to stronger, more adaptable teams.

LESSON 6: STRATEGIES FOR CREATING PSYCHOLOGICAL SAFETY

Participants will learn practical approaches to managing everyday stress, including mindfulness techniques, effective time management, and the art of setting healthy boundaries in order to maintain psychological safety within their workplace. By the end of the session, participants will have created a personalized toolkit of stress management and psychological safety strategies ready to be woven into their daily routines.

LESSON 7: DEVELOPING A WORKPLACE WELLNESS PLAN

Participants will evaluate existing initiatives within their workplace, engage in creative brainstorming to identify areas for enhancement, and craft personalized wellness plans tailored to their individual needs. Sharing these plans with the group fosters a supportive environment for feedback, inspiration, and creative growth.

WORKSHOP WRAP-UP

The workshop concludes with a thoughtful reflection exercise, an open Q&A session, and the development of a personalized action plan to apply the strategies learned. Participants are invited to embrace wellness and resilience as ongoing journeys toward professional fulfillment. They will also have the opportunity to complete a Training Satisfaction Survey for quality assurance purposes.