



Thrive

Change + Resilience
in the Workplace.

Lynda Monk
MSW, RSW, CPCC

Training | Leadership Coaching | Speaking

Connect, Replenish + Thrive:

An Employee Wellness Workshop for Caregiving Organizations

Workshop Overview

Healthcare, human and social service work can be both rewarding and demanding. The primary task of caregiving organizations, and the professionals who serve within them, at its heart, is caring for others. With caring at the occupational core, the well-being, stress management, resiliency and care for the caregiver needs of helping and healing professionals are ethical imperatives and therefore, the shared priority of both individuals and their employers. Employee well-being is the foundation to sustaining a healthy caregiving organization. This engaging one-day workshop is intended to contribute to a healthy, positive workplace culture while also nourishing and inspiring the self-care and well-being of professionals who make a difference.

Learning Objectives

Participants in this workshop will have the opportunity to:

- Discover ways to connect, replenish + thrive while balancing self-care with other-care
- Assess their self-care in four key dimensions including emotional, physical, psychological and spiritual well-being
- Explore the connection between self-care and the prevention of relevant occupational hazards including job stress, burnout, vicarious trauma and compassion fatigue
- Learn various self-care strategies including Guided Meditation & a Reflective Journaling exercises for calming, stress reduction, new insights and replenishment
- Consider both the individual and workplace resiliency factors that support self-care, team-care, engagement and well-being

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Lynda Monk MSW, RSW, CPCC • thrive@lyndamonk.com • 250-653-2085 • 866-619-9542
www.lyndamonk.com • 521 Isabella Point Road • Salt Spring Island, BC • Canada V8K 1V3

- Receive acknowledgement for the important work they do through points of pride and shared appreciation

“Support from co-workers provides a helpful buffer against daily work stresses.”

Christina Maslach

Collaborative Instructional Strategies

This workshop is highly interactive and combines various instructional methods including content sharing, self-care assessments, reflective journaling, small and large group discussions, video and engaging facilitated activities. These instructional strategies are intended to support participants to expand their knowledge and skills regarding self-care and wellness within the workplace.

“Care inspires and gently reassures us. Lending us a feeling of security and support, it reinforces our connection with others. Not only is it one of the best things we can do for our health, but it feels good — whether we’re giving or receiving it.”

Doc Childre & Howard Martin

Audience

The **Connect, Replenish + Thrive: Employee Wellness Workshop** is especially designed for:

- healthcare professionals, psychologists, social workers, counsellors, human service professionals, crisis response workers and other professionals in caregiving organizations
- supervisors, managers and leaders within non-profit agencies and caregiving organizations

“We only take people as far as we have gone ourselves.” Ruth Sauvee

For more information about this workshop for your organization, please contact:

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THRIVE Training & Coaching | lyndamonk.com

P. 250-653-2085 | TF. 1-866-619-9542

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