ONLINE LEARNING OPPORTUNITY FOR STAFF

GENERATION WELLNESS

WORKPLACE WELLNESS ACADEMY

An online course that provides 20+ self-care strategies, emotional first-aid techniques, and workplace wellness that actually works.

WHY THIS COURSE IS NEEDED:

With stress and anxiety on the rise, there is no better time than now to focus on wellness. This 2 hour online course equips you and your staff with 20+ tools for less stress and more success. Government agencies, organizations, and school districts are providing support to staff by offering this online wellness course. Invest some time into well-being to decrease burnout and increase self-care.

- Brain/Body Response to Stress
- Emotional First-Aid
- Self-Care Habits
- Boundaries + Scheduling
- Workplace Wellness
- Bonuses

More info about the online course: https://www.generationwellness.com/ca-head-start