

Strategies for Reconnecting with Wellness and Self-Care



Purpose

To empower employees and leaders to understand their personal and workplace wellness needs, recognize stress signals, and implement realistic self-care practices that sustain mental health, engagement, and resilience at work and beyond.

Training Objectives

Equip participants with essential skills to support and promote mental health safety. This helps them to:

Enhance Awareness

Increase understanding of the relationship between stress, self-care, and sustained well-being and performance.

Develop Practical Skills

Build individual strategies for managing energy, boundaries, and recovery in day-to-day work.

Foster a Supportive Culture

Equip participants—especially leaders—to model and encourage a workplace culture that prioritizes wellness and psychological safety.

Why Invest in this Training for Your Team?



Boost Productivity & Engagement

Employees who feel mentally well are more present, motivated, and innovative which can translate into measurable gains in output and quality of work.



Strengthen Psychological Safety & Retention

Promoting wellness and self-care signals organizational care and trust, improving morale, loyalty, and retention—especially in high-stress or demanding environments.



Reduce Costs from Absenteeism & Burnout

By helping employees recognize early signs of stress and apply effective self-care strategies, organizations can lower burnout rates, absenteeism, and turnover—protecting both people and productivity.



Foster a Healthy, Sustainable Work Culture

Embedding self-care principles into daily routines helps build a culture that values balance, respect, and resilience—key foundations of long-term organizational health and success.

Training Options

1-Hour Session: Awareness & Basics

This session introduces key wellness concepts and provide practical, easy-to-apply self-care tools that can be used immediately to improve mental, emotional, and physical well-being.

Learning Objectives:

- Understand the relationship between stress, wellness, and self-care.
- Identify early signs of stress and fatigue in themselves and others.
- Learn simple, actionable self-care strategies that can be practiced daily.

Half-Day (3-Hour) Session: Practical Skills & Peer Support

This session equips participants with a more in-depth understanding of wellness foundations and will help them to identify personalized self-care needs, and develop practical tools for sustaining wellness and resilience in daily work life.

Learning Objectives:

- Understand the science of stress, recovery, and resilience.
- Assess personal wellness strengths and growth areas.
- Develop a personalized self-care plan with realistic, evidence-based strategies

Full-Day (6-7 Hour) Session: Comprehensive Training

A full-scale training to help participants (both employees and leaders) deeply reconnect with wellness, integrate self-care into work systems, and build supportive cultures that sustain mental health and performance.

Learning Objectives:

- Understand and apply advanced self-regulation and resilience-building strategies.
- Develop personal and team-level self-care plans aligned with workplace realities.
- Foster a culture that supports well-being through communication, boundaries, and leadership modelling.

Summary Table

Element	1 Hour	3 Hours	6-7 Hours
Focus	Awareness and introduction to wellness and self-care fundamentals.	Skill-building and personalization of wellness strategies.	Comprehensive integration of personal and team wellness practices.
Activities	Brief quiz, reflection, and short guided practice.	Self-assessment, peer discussion, and applied exercises.	Multiple guided practices, small-group discussions, and co-created team wellness plans.
Depth	Overview of core concepts and simple daily tools.	Moderate depth on stress science, barriers, and habit-building.	Advanced exploration of resilience, system barriers, and leadership modeling.
Output	One actionable self-care commitment.	Personalized 30-day self-care plan.	Comprehensive personal and/or team wellness charter and implementation plan.