



21 CLETS, LLC
- Creating realistic and relevant training -



RESILIENCY & WELLNESS

This class features information on how you can find out how to avoid or treat employee burnout. We will cover compassion techniques, and how to combat fatigue in a highly stressful environment. We will discuss wellness information for staff including factors that increase stress, personality style differences, building a personal and professional support network, understanding stress as an occupational hazard, and how cumulative and critical incident stress can affect mental health and work competency. The purpose of the course is to bring a new level of understanding to the necessity of personal and professional wellness in mitigating and managing work related stress and secondary trauma.

- Identify effective wellness strategies
- Recognize warning signs of “unwellness”
- Understand the potential implications of not caring for oneself
- Name resources available to agencies to ensure employee wellness

When: Thursday

July 11, 2024
0800-1700 hours

Instructor:

Janet Childs, M.A., AAETS

Where:

14000 Fruitvale Avenue,
Saratoga, CA 95070

POST # 1382-11110-024-001 STC# 2778001

Registration: \$125.00

Go to **www.21clets.com** and register online today!

