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Pathways to Wellbeing: Leading Wellbeing with Trust & Working “In” Wellness

This is a two-part series of foundational workplace wellness champion theories, tools, and practical skills. The objectives for the two sessions include:

- Engage in an interactive lecture with scenario-based reflection
- Introduce the core competencies of the NWI Wellness Champion framework
- Examine how trust is built and maintained through wellness culture
- Experience a hands-on session with tools, templates, & team-based strategy work
- Explore the 6 Dimensions of Wellness
- Practice applying workplace wellness strategies across diverse organizational settings

- **Dates/Time:**

6/16/25 - 1:00 pm

6/30/35 - 1:00 pm

- **Location: Zoom**



Lydia Czech, Wellness Director

Lydia Czech is the Director of the Montana Public Health Training Center's Worksite Wellness Program. She holds a bachelor's in Health and Human Performance from the University of Montana, with a focus in Community Health, along with certifications in Health Behavior Coaching, Worksite Wellness (National Wellness Institute), and Sound Therapy (Level 3, Himalayan Singing Bowls). As an Accredited Meditation Practitioner, Lydia brings a passion for guiding health professionals in mindful wellness practices that support long-term health and resilience.

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