

Team Awareness Workplace Wellness

Team Awareness NY is a specialized training for workplace wellness designed to increase the overall wellbeing of the workforce to support a healthy work culture.

In each of the two 2-hour modules, slides are used along with discussions and activities for colleagues to learn the *Ripple Effect of Wellbeing and Resilience & Thriving* to recognize the interconnectivity between our families, our teams, our workplace, and our community.

Life stressors will be identified as well as the effects it has on us, and how to cope in healthy ways.

Please contact Kristin Lyng at kristinlyng@councilforprevention.org with any questions or to schedule



Have you felt like this image before? You don't have to anymore! By taking these 2 Training Modules it will not only benefit the workplace, but your overall life.



COUNCIL FOR PREVENTION

214 Main Street
Second Floor
Hudson Falls, NY 12839
(518)746-1527



Resilience & Thriving

