



Wellness Training Learning Collaborative

Join us for the Wellness Training Learning Collaborative¹

Many healthcare providers feel stress and strain and have difficulty finding time to take care of personal self-care needs. Join us for some Tender Loving Care and practice ways to support your overall wellness and build a strong foundation to build your resilience to bounce back from challenges.

June 21, 2022 1:00-2:00 & 4:00-5:00 ²	WTLC Kickoff Celebration and Overview	This Kickoff Celebration will provide an overview of the Wellness Training and Learning Collaborative series, offered July 2022 through January 2023.
July 7, 2022 11:00-12:00	Wellness in 8D for Personal and Professional Practice	Join us to explore the wellness in the 8 dimensions model (8D) as a lens for healthcare workers to re-create work-life balance.
July 28, 2022 10:30-12:00	Wellness in 8D for Organizational Wellness	Join us to examine how organizations can adopt the wellness in 8-dimensional (8D) model to foster better work-life balance among behavioral health care providers.
Aug 18, 2022 11:00-12:00	Making the Time to Pause and Unplug for Self-Care	Explore how to make the time to practice unplugging and “pausing” to enhance your wellness and for others you support.
Sept 15, 2022 11:00-12:00	Making Time to Breathe, Move, and Nourish Your Body	This session of the self-care series will address taking time for yourself, specifically using the self-care strategies of pause, breathe, move, and nourish.

To register, contact swarbrma@rutgers.edu

¹ WTLC is funded by Farris Foundation

² All times are Eastern Daylight Time

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Sept 22, 2022 10:30-12:00	Tools and Tactics for Getting a Restful Sleep	Examine the importance of sleep and rest for overall health and well-being as well as how the wellness self-care strategies may help you and others you support to improve your overall sleep hygiene and experience.
Oct 13, 2022 11:00-12:00	Creating a Personal Wellness Self-Care Plan	Join us to plan how to sustain the benefits of the self-care practices by crafting a practical and personal wellness self-care plan to your needs and experiences.
Oct 27, 2022 10:30-12:00	Implementing Organizational Self-Care Programs	Learn how to become a wellness champion so you can be a leader in creating or introducing a self-care program in your workplace. Gain tools, resources, and supports to be successful.
Nov 3, 2022 11:00-12:00	Workplace Resources for Wellness	Learn about the vast array of workplace resources for employee wellness self-care that are free, accessible, and effective.
Nov 17, 2022 10:30-12:00	Building a Workplace Wellness Culture	Join us to examine how you can be empowered and supported to evaluate and improve the wellness culture at your workplace, regardless of your role.
Dec 8, 2022 11:00-12:00	Winter Wellness Planning	Join us to explore winter wellness challenges and strategies so you can create your own winter wellness plan for work-life balance and how to share with others you support.
Jan 19, 2023 10:30-12:00	2023 Wellness Planning	Start the New Year off by joining us to create your own wellness self-care plan for personal and professional success and satisfaction.
Jan 26, 2023 11:00-12:00	The WTLC Finale	This session is a wrap-up for the 2022 WTLC series with discussion of the resources available for individual, organizational, and peer support self-care.

For more information, visit our website:

<https://alcoholstudies.rutgers.edu/wellness-in-recovery/wellness-training-learning-collaborative/>