

# New Trainings!



**Improve your  
social-emotional  
wellness NOW**

THINGS ARE ROUGH RIGHT  
NOW. BUT THERE IS HOPE

## **Every Hero Needs a Recharge: Empowering Strong Leaders**

This live training is designed for leaders and supervisors to learn practical ways to support social emotional wellness in their organizations.

What You'll Learn:

- Simple policy and system changes to support wellness (like flexible work schedules or clear communication).
- Ways to make the workplace—both physical and virtual—more inviting and inclusive.
- Communication strategies that respect everyone's needs, including how to handle miscommunications.

This training is just the beginning. Promoting social emotional wellness is a journey that requires ongoing effort and collaboration.

**Together, we'll take the first steps toward creating a healthier, happier workplace.**

**Thursday, April 10**

10-11am

<https://zoom.us/j/94088585342>



## **Supervisor training: Leading through Storms**

Are you ready to lead through challenging times? This course is designed for leaders who want to strengthen their ability to support their teams during tough seasons. Whether your organization is facing significant challenges or experiencing ongoing stress, this course provides practical tools and strategies to help you lead with empathy, build resilience, and foster a positive work environment. You'll learn how to assess your own wellness, improve communication, and empower your team, all while prioritizing mental and emotional health.

**Sign up today and invest in  
your leadership and your  
team's well-being!**

**Friday, April 4**

1-2pm

<https://zoom.us/j/92593688752>



Email for more information: [a.pooch@umiami.edu](mailto:a.pooch@umiami.edu)

# New Trainings!



## Improve your social-emotional wellness NOW

THINGS ARE ROUGH RIGHT NOW. BUT THERE IS HOPE

### Stop, Drop and Breathe: Only You Can Prevent Burnout

#### Tuesday, April 8

10-11am

<https://zoom.us/j/99329145159>



#### Tuesday, May 20

10-11am

<https://zoom.us/j/94080531940>



Join our empowering course to learn actionable strategies for creating a supportive work environment where self-care and community care thrive. In this session, you'll explore how to model wellness, support colleagues, and foster a culture of belonging.

#### Key Takeaways:

- Invest in your colleagues' wellbeing through simple yet powerful actions like active listening, building genuine connections, and providing support.
- Promote inclusivity by celebrating diversity, standing up for others, and normalizing wellness discussions.
- Build a culture of trust and openness where everyone feels valued, heard, and supported.

Lead by example and create a work environment that prioritizes mental health, connection, and wellbeing for all. You don't have to be in a leadership role to make a big impact – your actions matter!

**Ready to make a difference in your workplace? Sign up now!**

Email for more information: [a.pooch@umiami.edu](mailto:a.pooch@umiami.edu)

# Practice Communities



Bring to the group of providers the barriers and hurdles in your organization so you can benefit from the collective wisdom of others doing similar work!

## Say Aloha to Wellness: Finding your inner island calm

How do you manage your own emotional health while juggling job responsibilities, deadlines, and the challenges of everyday life?

This space is specifically for staff members who want to come together, share experiences, and discover ways to support their own social-emotional wellness in the workplace.

- Share and learn from others facing similar workplace challenges.
- Gain practical strategies to manage stress and support your mental health.
- Be part of a supportive group that prioritizes self-care and social-emotional wellness.

If you're looking for a space to recharge, share experiences, and gain valuable tools for enhancing your work-life balance, this is the group for you.

**Sign up today and start prioritizing your wellness at work!**

### Tuesday, April 29

10-11am

<https://zoom.us/j/95046283138>



### Tuesday, May 27

10-11am

<https://zoom.us/j/93260961138>



## Supervisor CoP

How can you foster a culture of well-being, prevent burnout, and support employees through emotional health struggles while managing your own pressures? This Community of Practice is designed specifically for leaders and supervisors to come together, share experiences, and discuss the real-world challenges and solutions in supporting employee wellness.

What You'll Experience:

- **Peer-Led Discussions:** Share your experiences and challenges with other leaders navigating similar responsibilities.
- **Real-World Solutions:** Collaborate on strategies that support employee mental health, resilience, and work-life balance.
- **Supportive Space:** An open, trusted environment to explore the nuances of leadership and social-emotional wellness.
- **Resource Sharing:** Gain insights and resources that can be implemented directly into your leadership practices.

**Don't miss out on this opportunity to grow as a leader and support the wellness of your team.**

### Friday, April 18

11am-12pm

<https://zoom.us/j/99145950026>



### Friday, May 2

11am-12pm

<https://zoom.us/j/95418131989>



Email for more information: [a.pooch@umiami.edu](mailto:a.pooch@umiami.edu)

# Self-Guided Online Courses



**Connect and learn!**

## **Compassion Fatigue**

Feeling drained and disconnected? This course guides you to recognize compassion fatigue, prevent burnout, and restore joy in your work. Learn practical self-care strategies and build resilience to thrive in both your personal and professional life.

Takeaways:

- Recognize signs of compassion fatigue.
- Prevent burnout with self-care.
- Restore resilience and empathy.

**Enroll today to reclaim  
your well-being!**

Scan this QR code or  
click the link in the  
course title to enroll



## **Shared Language**

This training explains why having a shared language at work helps build trust, belonging, and inclusion. Participants will learn how clear communication can support social-emotional wellness. The course includes discussions, group activities, and tips for agreeing on key terms together. By the end, participants will feel ready to improve communication and make their workplace more welcoming for everyone.

**Enroll today!!**

Scan this QR code or  
click the link in the  
course title to enroll



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