Learning in Practice: Mental Health + Wellness Leadership Cohort

Register here!

Creating Organizational Wellness and Resilience

WHAT

A continuously-engaged leadership cohort of practice focused on the development and application of strategies to promote an organizational culture of health and wellness.

AUDIENCE

Public health leadership, mental health + wellness leaders in public health agencies

GOALS

Improving Employee Relationships

- Address services and support to reduce stress.
- Alleviate compassion fatigue as an organization.

Building Organizational Culture

- Remember the organizational WHY and the WHY of your engagement in building a resilient organization.
- Align organizational values with a culture that promotes compassion resilience, wellness, and equity.
- Create and sustain a culture that attracts and retains diverse team members, promotes organizational values, and reinforces them through continuous action.
- Build and deepen relationships with your team as a co-learner to form the foundation of your workplace culture.
- Gain clarity of expectations that leads to accountability.
- Identify gaps of inclusion, knowledge, or skills on your team to inform your coaching.
- Advance workplace culture improvement opportunities with your team and organization.

CURRICULUM

Live Virtual Learnings: LiP Leadership Cohorts

- Organizational Culture Improvement
- Organizational Wellness and Resiliency: Adaptive Leadership
- Organizational Wellness and Resiliency: Implementing Change

Asynchronous Learnings:

- Mental Health + Wellness Series: Focused training on individual and interpersonal skill-building and awareness.
- Topics include recharging and coping strategies, self-care, boundaries, and normalizing conversations about mental health.

Tools developed and shared will include ways to improve your organizational environment by:

- Allowing autonomy
- Developing ways to support good work
- Developing and providing access to support services to maintain good health
- Developing flexible schedules
- Creating reasonable work expectations
- Developing policies (internal and external)
- Connecting with local and state resources