

Resilience Series: Beyond the Workplace

Reconnect, Refocus, & Recharge



Building Resilience: What Lies Beyond the Workplace?

Every day people invest their care, time, and energy into the roles they hold within work, but these roles are just one piece of who they are.

The title of this program was chosen with great intention; it was done very deliberately because this training supports who an individual is in this world, not just in their workplace.

What might it look like to go beyond the workplace? This evidence-based resilience series will reconnect, refocus, and recharge individuals to live a more meaningful life.

Objectives:

- Define, experience, and practice evidence-based resilience training with highly skilled educators
- Understand individual values and begin to live congruently in support of these values
- Create a personal mission statement that inspires and defines an individual
- Develop strong partnerships by assigning routine check in points throughout training
- Engage in motivational conversations to align personal mission statements with wellness, joy, and meaning

Kaiser Permanente's Corporate Health Educators are dedicated to bringing high-quality, evidence-based health care services to you.

Your wellbeing is our goal.

Available Classes:

Introduction to Resilience & Personal Mission Statement

Required, 90 Minutes

Creating a Close Social Network

A la carte, 60 Minutes

Learning from Experiences & Gratitude

A la carte, 60 Minutes

Making Food Work for You

A la carte, 60 Minutes

Becoming Physically Fit

A la carte, 60-90 Minutes

Being Mindful & Having Mental Focus

A la carte, 60 Minutes

Building A Resilient Culture

Required, 60 Minutes