



Flourishing at Work: A Plan for Helping Professionals

Helping professionals, such as counselors, teachers and health professionals, are critically important to the workforce, yet we are also at great risk for helping others more than we help ourselves! In this 6 part series we invite YOU to sit down, take a breath, replenish yourself and restore by considering strategies to help you flourish.



Together, we'll explore the importance of making our own well-being a priority, think about our work/life balance, remember our purpose, take actions to flourish and use our strengths within a framework of healthy positivity. This 6 week collection (webinar and podcast series) will be led by experts in supporting personal recovery, wellness and positive psychology with practical approaches that build up to a comprehensive flourishing plan. Join us for this series designed to support your flourishing.

Series Calendar:

November 30

Session 1: Making Myself a Priority

December 14

Session 2: Why am I Doing This Work? Remembering Your Purpose

January 11

Session 3: Learning to Let Go

February 8

Session 4: Healthy Positivity

March 15

Session 5: Flourishing Strategies - Outside of the Box

April 19

Session 6: Build Your Resilience Plan One Day at a Time

Register: bit.ly/3qVxy6C

