

WORKPLACE WELLNESS

EAP SEMINARS

March 5, 12 and 19

8:00-11:30 a.m.

Three (3) sessions; attend one or all on any of the dates

Presented by a licensed professional counselor with Ascension EAP

RAMAC, 300 5th Street
\$50 each session/\$150 full series



The importance of workplace wellness

A focus on mental health and company culture not only benefits individual employees but also contributes to the overall success and well-being of the organization.

Workplace Wellness Series



mental health



culture



EI

RAMAC
RACINE'S BUSINESS CHAMPION

Session 1: Mental Health in the Workplace: 8-8:45 a.m.

Learn about responding to mental health needs in the workplace and creating a wellness culture. Learn how to navigate when work performance seems to be affected by mental illness.

Session 2: Emotional Intelligence (EI) in the Workplace: 9-9:45 a.m.

Learn about the benefits of EI in the workplace and community. Learn how to recognize deficits in EI in yourself and your team and how to avoid some EI blunders. Learn how to coach others to develop EI and utilize it to improve relationships with customers and colleagues.

Session 3: Civility in the Workplace: 10-10:45 a.m.

Learn basic strategies to build a kind and respectful company culture and to navigate policies and problems. Learn and discuss how to observe personal and professional boundaries and celebrate the benefits of a civil workplace.

Q&A: 10:45-11:30 a.m.

For more information or to register call 262-634-1931 or visit:
www.racinechamber.com/events/calendar

