



Wellness Series

FIVE-PART SERIES

A collection of events focused on promoting physical, mental, and emotional health and well-being.

Part I Leveraging Your Strengths to Promote Well-being

Heather Rissler, PhD, EdD & Jane

Hughes

7 a.m. Thu., Oct. 12

[Zoom](#)

Review the CliftonStrengths assessment and explore how your personal strengths can be leveraged to promote well-being.

[Read More >>](#)

Part IV Wellbeing in Health Care - State and Strategy

Becky Lowry, MD, FACP, Chief

Wellness Officer

Noon Tue., Oct. 24

[Zoom](#)

A presentation on wellbeing in health care - state and strategy by Dr. Becky Lowry.

[Read More >>](#)

Part II Surviving a Toxic Work Environment

Rick Leffke

7 a.m. Sat., Oct. 14

[Zoom](#)

You'll learn how to recognize the signs of a toxic environment and a toxic employee, as well as tips on how to avoid a toxic workplace.

[Read More >>](#)

Part V The Role of Communities of Practice in Wellness

Brad Barth, MD

Noon Tue., Oct. 31

[Zoom](#)

Explore what Communities of Practice are, what their purpose is, and how to develop and support them.

[Read More >>](#)

Part III Supportive Spaces: Wellness in the Educational Environment

Ashley Counts, DHEd, MHA, CHES

Noon Tue., Oct. 17

[Zoom](#)

Explore effective interventions for programs to support academic growth, promote individual wellness of learners, and engage stakeholders.

[Read More >>](#)