CARES Coaching Program

CULTIVATING AUTHENTIC RELATIONSHIPS & EMOTIONAL STABILITY

Community Building and Mental Fitness Workshop



This workshop is designed to help others cultivate positive healthy mindsets, enhance personal well-being, connect greater as a staff, and in turn, learn to better support the needs of those they serve. Through an "experiential" exploration of connection strategies, post traumatic growth, mental fitness, and neuroscience, workshop participants will fortify their own mental health while learning complementary therapeutic modalities and fun, creative ways to integrate these strategies into their personal and professional life.

OUTCOMES:

- Generate fun and connection through shared learning and community building
- Develop a holistic understanding of social emotional learning with the "self" in the center
- Enhance personal mental well-being and professional sustainability through mental fitness and well-being practices

