

WORKPLACE WELLNESS PROGRAM

Schedule for the year 2023/2024

This tailor-made program for The University of Massachusetts, Dartmouth, comprises of learning and development sessions (virtual and in-person), technology and community experiences.

1. Transformative learning and developmental sessions (10x) will help you learn evidence-based concepts and develop essential skills to improve your overall wellbeing.
2. Wellness sprints (10x) will leverage technology to cultivate incremental positive behavioral shifts to foster sustainable wellness practices. Scan QR code.
3. Community experiences (3x) will provide you with invaluable opportunities to not only apply your acquired skills but also enhance your sense of belonging and mental health to foster inclusivity, engagement and wellness at work and home.



Legend



Virtual Session



In-Person Session



Community experiences

App



SEP 2023



Understanding Stress and Burnout

OCT 2023



Optimizing Work Design: Strategies for Workload Management

NOV 2023



Fostering Work Life Balance

DEC 2023



Understanding Stress and Burnout (Holiday Edition)

JAN 2024



Post Vacation Strategies & Boundary Management

FEB 2024



Mentorship & Coaching

MAR 2024



Social Support & Feedback

APR 2024



Cultivate a Culture of Belonging & ERGs or Staff Choice

MAY 2024



Employee Benefits

JUN 2024



Building a Strong and Inclusive Community or Staff Choice