



JOIN US —————

WELLNESS IN THE WORKPLACE TRAINING OF TRAINERS

Become a Certified Trainer

Developing healthy workplaces in Indian Country is a challenge, just as it is anywhere. Stress, job turnover, politics, and turfism often impede the important work that needs to get done! People are more effective in their jobs when they understand their behavior and that of others and grow and develop personally and professionally. Taking time for self-care reduces stress and increases productivity and focus.

Become a certified trainer in the Leading the Next Generations Wellness in the Workplace Curriculum. The training of trainers experience focuses on the importance of creating a team, planning and prioritizing work, exploring the origin of ineffective workplace behaviors, learning ways to introduce balance and flexibility into the workplace, and honing important skills such as communication, conflict resolution, dealing with cultural differences, stress reduction, and work/life balance. Upon completing the training, participants will have tools to help coworkers with personal wellness planning and organizational direction to introduce and maintain wellness in the workplace! Each person will receive a copy of the curriculum and certificate of completion.

**NOVEMBER
12 - 14**

Barbie's Village
935 NE 33rd Ave.
Portland, OR

- Building Team
 - Getting to Know You Better
- Native Wellness
 - The Foundation For A Balanced Life
- Traditional Values
 - Honoring Your Ancestors, Honoring Yourself
- Party Like It's 1491!
 - Acknowledge, Recognize, Move On
- Wellness in the Workplace
 - Being Positive, Productive, and Proactive
- Healthy Communication
 - Speaking Our Truth With Respect
- Stress and Burnout
 - Control It Before It Controls You
- Traditional Leadership
 - Everyone Can Lead
- Wellness in the Workplace
 - Planning Our Journey



For more information and to register visit
www.NativeWellness.com