



Psychological Wellness Coaching and Train-the-Trainer Services:

A Stress Management Professional will be available for *psychological wellness coaching* with your employees up to two hours per week. The wellness coach will assist employees who want to apply the principles learned in the training sessions, and to provide accountability for those who are committed to making changes.

Wellness coaching has proven to be an important component of successful health promotion programs. It gives individual employees an opportunity to individualize the skills they learn and to apply them consistently in their day to day activities. The wellness coach will also be able to develop rapport with employees and help them to choose programs that will be most beneficial to them, and therefore to their company as a whole.

The Stress Management Professional can be available on-site or by telephone. The wellness coach can also be available for “*lunch ‘n learn*” programs to be presented on a quarterly basis. These “lunch ‘n learn” programs can be made available online as well as onsite.

A Stress Management Professional will work with the your wellness team to identify key personnel in a “*train the trainer*” program. These key personnel will be given advanced training in the skills necessary to develop and foster optimism, resilience and mindfulness within the your workforce.

Key employees who show interest in mindfulness, optimism, or resilience, and who demonstrate leadership skills can be given further instruction and mentoring by a Stress Management Professional to develop the skills necessary to lead follow up groups and informal discussions with your employees. These key employees will foster implementation of the skills taught during the training sessions and will promote lasting change within the organization.

The train the trainer program may be expanded to allow qualified employees to learn to teach significant elements of the program that can



The Healthy Thinking Initiative

A program for the prevention of depression

be coordinated with online learning for your employees at multiple locations.