

Team Wellness for a Positive Work Environment

Skills for Success



9069



In-Class



8 hours

Course Description:

This course focuses on fostering team well-being as a cornerstone of a productive, resilient, and engaged workplace. Participants will explore the relationship between wellness and team performance, identify stressors and energy drains, and develop strategies to cultivate a positive climate. The course blends emotional, social, and environmental wellness concepts, empowering team leaders and members to take shared responsibility for building a healthy work culture.

Target Audience:

This course is designed for team leaders, department heads, and professionals with 3 to 10 years of experience who are responsible for supporting team morale, engagement, and workplace well-being.

Course Objectives:

By the end of the course, participants will be able to:

- Describe the key dimensions of team wellness and how they impact collective performance and morale
- Implement team-based strategies that promote psychological safety, connection, and a culture of care

Course Outline:

Module 1: Foundations of Team Wellness

- What is team wellness, and why does it matter
- The connection between wellness and team performance
- Identifying workplace stressors and morale challenges
- Dimensions of wellness: emotional, social, and environmental
- Psychological safety and trust in team dynamics
- Signs of burnout and early intervention practices

Module 2: Building a Positive Work Climate

- Creating a shared vision of well-being
- Team rituals and connection practices
- Fostering appreciation and emotional support

- Healthy boundaries and communication norms
- Role modeling wellness as a leader
- Embedding wellness into everyday work culture

Assessment Strategy:

Participants will be informally assessed based on their interaction during sessions and their participation in group exercises.

Upon Successful Completion of this Course, participants will obtain:

0.6 CEUs

Course Language:

English Material
Bilingual Explanation

Prerequisites:

N/A