

WIRE

WORKING IN RESILIENT ENVIRONMENTS

MENTAL HEALTH & RESILIENCE FOR WORKFORCES VIRTUAL
WORKSHOP

APRIL 30TH @11AM / [RSVP HERE](#)

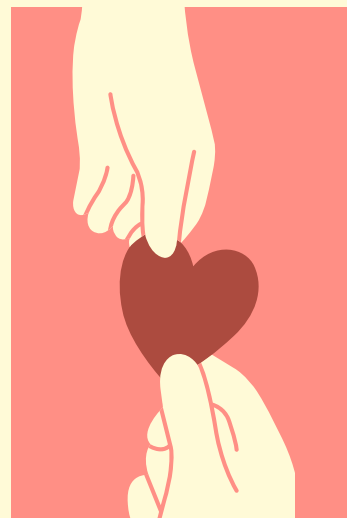
*YOU MUST RSVP TO RECEIVE MEETING INVITATION



Join Kaiser Permanente's cutting-edge, virtual, pilot workshop, harnessing resilience through experiential learning and art integration! Facilitators will guide you through collaborative exercises and creative expression, equipping you with invaluable tools to combat stress and burnout while fostering healthy and resilient workforce.

Key Concepts

- Identify wellness challenges
- Discover ways to bring joy into the workplace
- Practice resilience and empathy
- Develop supportive relationships with colleagues



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