Strategies for Well-being



Save your staff from stress and burnout. Wellbeing practices like mindfulness and community engagement enhance resilience and improve patient outcomes, resulting in higher job satisfaction and lower turnover.

ategies for Well-Being Workshop/ Webinar Series

Struggling to achieve work-life balance due to demanding schedules

Lack of coping strategies for secondary craumatic stress leads to decreased performance

High turnover rates and employee burnout affecting team stability

Tools for setting boundaries and prioritizing personal well-being, allowing providers to recharge and remain present in both their personal and professional lives

Personalized coping techniques to address secondary trauma, helping providers sustain their mental wellbeing and continue delivering compassionate care

Tools to support team resilience and reduce burnout, resulting in greater retention and a more engaged workforce

Why CCMI?

Flexible format

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To fit into busy schedules.

Choose an in-person workshop or a webinar series.



Practical skills

Interactive activities to build the skill to apply in real case scenarios.



Admin support

Our expert admin team handles every workshop detail, so you don't have to.



Continuous learning

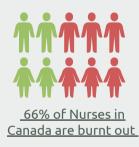
Printable handouts and online resources to make the impact last.



Quality learning

Learn best practices from industry experts, learner-centred materials

Did you know?



27.3%

of health and social care workers experience high/very high stress levels

Learner Feedback

"I love the concept of giving ourselves permission to care for ourselves, and exploring what that looks like. These skills first applied to myself will pour out into the practice and service."

"I like that we got to interact with eachother and it wasnt just sitting there listening."

Connect with us to support your team today info@centrecmi.ca