

Self-Care and Wellness for Professionals

A Professional Learning Series



- Employers spend \$300 billion annually for health-care and missed work days as a result of workplace stress.
- 72% of adults say their stress has increased or stayed the same over the past five years.
- 42% of employees have changed jobs due to stress
- Absenteeism is to blame for 26% of health-related lost productivity.

The American Psychological Association (APA) describes self-care as an "ethical imperative" to provide adequate attention to one's own physical and psychological wellness and since 2002, and lists it as part of their Ethics Code.



SELF-CARE IS THE MISSING PIECE IN ORGANIZATIONAL STRATEGY

CURRENT RESEARCH

Stress impacts the livelihood of the individual and community. Job dissatisfaction, high turnover, lack of collective trust, and low productivity are indicators of burnout. In organizations whose main functions are helping others, this stress compounds and paralyzes the function and overarching mission.

The material presented in the series is grounded in research from the fields of psychology, neurobiology, emotional intelligence, organizational development, and other social sciences. Geared towards leaders and professionals, this learning series supports a range of professional sectors and industries, as it is nested within the human experience and utilizes proven techniques and strategies.

PARTICIPANTS WILL

Through the Self-Care and Wellness for Professionals learning series, participants will :

- Deepen their understanding of self-care as a principle and how it impacts their personal and professional life
- Learn the spectrum of risk factors and build an awareness of how stress impacts their well-being, identifying individual warning signs, and the progression of burnout
- Receive individual, group and organizational strategies to mitigate stress and prevent compassion fatigue and burnout
- Understand the cost of neglecting self-care regimens and wellness needs in the workplace

PAST RESULTS



Past results from the Self-Care learning series and follow-up coaching are:

- Increased rates of job satisfaction, attendance, employee retention and productivity
- Increased participation, active engagement, staff stepping into leadership roles
- Deepened understanding of the personal, professional and organizational benefits of self-care and wellness initiatives
- Reduced stress, and likelihood of experiencing compassion fatigue and burnout
- Heightened levels of collective trust and collegial support

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