VIRTUAL CONFERENCE DEDICATED TO WORKPLACE WELLNESS AND JOB-RELATED STRESS & BURNOUT TO BE HELD OCT. 4, 2024

Join Experts and Practitioners for an Interactive Event Focused on Wellness in the Workplace, Addressing the Growing Effects of Job Burnout on Individuals, Organizations and Society

DATE/TIME: Oct. 4, 2024, 9am - 2pm pacific time
WHERE: On Zoom by registration only
COST: $49 until Sept 27 - $99 after (Free for nonprofits)
WHO: Created and offered by A Window Between Worlds (AWBW)
WHAT: ***Wellness in the Workplace***
EVENT: Hear from experts, learn creative strategies, and join an important discussion around workplace stress and burnout at the ***Wellness in the Workplace*** virtual conference. This online event will provide innovative solutions and practical tools for addressing stress and burnout in the workplace. The conference is ideal for human resources managers and directors, learning and development directors, C-suite executives, clinicians, social workers, case managers, non-profit community partners, and any professionals dedicated to improving mental health and wellness in the workplace at both for-profit and nonprofit organizations.
SPEAKERS: The conference will include keynotes from **Susan Hess**, MSW, LCSW-IL, clinical professor at USC's Suzanne Dworak-Peck School of Social Work and co-founder of Trauma Informed LA and **La Shonda Coleman**, LCSW, PhD candidate, founder of Healing from Trauma in Colour and AWBW board member and Windows Facilitator. Each will share insights and expertise on recognizing and addressing workplace stress and burnout, including healing in community.
WHAT TO EXPECT: Participants will engage in hands-on workshops led by experienced facilitators; hear panel discussions; participate in breakout sessions tailored by role/line of work; network and exchange ideas and best practices for workplace wellness with other professionals; and experience first-hand an interactive exercise from the ***Wellness in the Workplace*** toolkit being provided for FREE to each participant.

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