

FOR IMMEDIATE RELEASE

Contact: Kate Majerus, kmajerus@awbw.org, 218-259-0490

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

LOS ANGELES (Aug. 8, 2024) — [A Window Between Worlds \(AWBW\)](http://A Window Between Worlds (AWBW)) today announced its first-ever virtual conference, **Wellness in the Workplace**, will be held Oct. 4, 2024. This online event will create a conversation around the causes, effects, and strategies for addressing job-related stress and burnout, and equip participants with innovative solutions and practical tools to address this growing issue. The conference, which is fully underwritten for nonprofits and those working in social services, 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.

“The negative effects of workplace stress and burnout can be crippling. Yet many people don’t realize how pervasive workplace burnout is or even where to start in addressing it,” said Zachery Scott-Hillel, AWBW’s executive director. “Excessive stress and burnout are leading causes of employee dissatisfaction and turnover, negative company culture/morale, and poor emotional well-being and happiness. This not only affects organizational effectiveness and productivity but has a ripple effect that goes beyond employees to their circles of family and friends, creating a societal impact, not just an individual impact. Our goal with this innovative conference is to: **educate** attendees on burnout, as well as new terms like “collective care”; **connect** stakeholders with their peers as we discuss both challenges and innovative ideas for addressing employee wellness on all levels; and **facilitate** a hands-on workshop attendees can use with themselves and their colleagues.”

According to the American Psychological Association, burned out employees are 2.6 times more likely to seek a different job, 63% more likely to call in sick, and 23% more likely to end up in the emergency room. And a study by Deloitte found 77% of employees felt burned out when polled and that number skyrocketed to 8 in 10 among millennials.

The online event is **free** for all non-profit attendees, as well as social workers, clinicians and case managers. The cost for corporate executives and human resources managers is \$99, but for a limited time, the cost is just \$49. This low admission price is made possible by sponsor underwriting. Capital Group is the presenting sponsor, other event sponsors listed at awbw.org/conferencesponsors.

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.

Participants will engage in hands-on workshops led by experienced facilitators; hear panel discussions; participate in breakout sessions; 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 (a \$100 value).

Conference Registration

Registration for the virtual conference is now open. Registration and more event details may be found at awbw.org/conference. The event will be held online from 9am - 2pm Pacific Time on Zoom.

Event Sponsorship

Conference sponsorship opportunities are available. To learn about becoming a sponsor, visit awbw.org/sponsor.

About A Window Between Worlds

At A Window Between Worlds, we believe art can be a catalyst to release trauma, create connection, build resilience, and ignite social change. Founded in 1991, A Window Between Worlds supports more than 1,250 trained facilitators at over 450 human service agencies across the country in facilitating our healing arts curriculum. Having served over 100,000 survivors of trauma in 2023 alone, these workshops provide a unique “window of time” for participants in a wide range of sectors — domestic violence, sexual assault, LGBTQIA+, racial oppression, among others — in a safe, non-judgmental environment where they can authentically express themselves in new ways to replace shame and fear with safety and hope. Learn more about AWBW by visiting the organization on [Facebook](#), [LinkedIn](#), and [Instagram](#).

#