

STAFF WELLNESS TRAINING

Sources of Strength Staff Wellness Training is an interactive training session designed to increase wellness and resilience amongst staff members by exploring the Strengths, or protective factors, of Sources of Strength's evidence-based suicide prevention model. Through engaging games, meaningful conversations, and hands-on learning, participants will learn about and begin to internalize these Strengths for themselves and consider how these Strengths can support others. Additionally, this training aims to increase a felt sense of belonging and connection amongst participants. By the end of this training, staff will have a deeper understanding of Sources of Strength suicide prevention protective factors and practical strategies for managing their daily stressors.

COST - \$3,000

Includes:

- Two to three hours of workplace wellness training for up to 100 attendees facilitated by National Trainer
- All necessary resources, training materials and supplies.
- All National Team travel costs for training trips.

SAMPLE AGENDA

- Introduction and Connecting Activity (30 minutes)
- Resilience Framework Exploration (1 hour)
- Energizing Game and Calming Activity (30 minutes)
- Breakout Group Sharing (30 minutes)
- Closing Reflection & Application (30 minutes)

WHAT IS SOURCES OF STRENGTH

Sources of Strength is one of the most widely disseminated, evidence-based suicide prevention and mental health promotion program in North America. Sources of Strength provides exceptional training and curriculum for youth and adults, utilizing a strength-based and upstream approach to the prevention of adverse outcomes like suicide, violence, bullying, and substance misuse while increasing well-being, help-seeking, resiliency, healthy coping, and belonging. Sources of Strength is committed to providing evidence-based programming that is responsive to local community context and needs.

To learn more please visit our website at sourcesofstrength.org.



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OF STRENGTH