

STAFF WELLNESS TRAINING

\$3,000 PER SESSION

Includes:

- Pre-training consultation with a National Trainer
- Customized content tailored to your team's needs
- 2-3 hour wellness training for up to 100 attendees
- All resources, training materials and supplies included
- Sources of Strength staff travel and accommodation costs are covered for onsite training within the continental United States

sample agenda

AGENDA

- Introduction and Connecting Activity
- Resilience Framework Exploration
- Energizing Game and Calming Activity
- Breakout Group Sharing
- Closing Reflection and Application

Bring a Staff Wellness Training to your school!

Staff Wellness Trainings are interactive 2–3 hour sessions designed to increase connection, resilience, and belonging among staff members. Rooted in Sources of Strength's evidence-based suicide prevention and wellness model, this session focuses on Strengths (protective factors) that promote individual and collective well-being.

Through engaging activities, meaningful conversations, and hands-on learning, participants will explore their personal Strengths and how these can support their work, households and communities. The training fosters a felt sense of connection and collective wellness among attendees.

About Sources of Strength

Sources of Strength is one of the most widely disseminated, evidence-based suicide prevention and mental health promotion programs in North America. We provide exceptional training and curriculum for both youth and adults, using a strength-based, upstream approach to prevent adverse outcomes like suicide, violence, bullying, and substance misuse, while promoting resiliency, help-seeking, healthy coping, and belonging.



With a strong commitment to evidence-based practices, Sources of Strength tailors programming to meet the unique needs and context of each community we serve, creating the foundation to empower a well world.

To learn more, or schedule a training, email hello@sourcesofstrength.org

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