

WORKPLACE WELLBEING

By Sources of Strength

ASSET-BASED • STRENGTHS-FOCUSED • RELATIONAL • HUMAN CENTERED

We help organizations shift wellbeing from an individual effort into a shared cultural practice that drives purpose and performance.

90%

90% of U.S. workers report at least one mental health challenge while at work

Mind Share Partners, 2025

2x

Employees are 2x less likely to burn out when they feel a strong sense of belonging

SHRM, 2024

44%

Only 44% of managers have received formal management training, leaving most unprepared to support their teams

Gallup 2025

THE CHALLENGE

WELLNESS PROGRAMS AREN'T ENOUGH

Organizations are investing in wellness and still watching burnout, turnover, and loneliness rise. The problem isn't effort. It's approach. Perks and programs don't change the relational conditions that shape how people feel at work. Employees need a framework that makes it normal to talk about stress, name what helps, and genuinely support one another.

"Culture and relationships predict how people feel and perform far more than peripheral wellness offerings."

APA Work in America Survey, 2025

WHAT WE HEAR FROM ORGANIZATIONS LIKE YOURS

- Leaders want solutions that are practical, not performative
- Supervisors are stretched thin and lack tools to support their teams
- One-time workshops don't have lasting effects
- HR wants cultural outcomes, not just participation data
- Hybrid teams are losing the connections that buffer stress
- Educators, counselors, and first responders rarely feel permission to care for themselves and each other in return

READY TO BUILD A WELL WORKPLACE?

Let's Talk - book a discovery call

SOURCES OF STRENGTH

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OUR APPROACH

WELLBEING AS SHARED PRACTICE

Wellbeing doesn't arrive through a policy or a program. It spreads through people, through the moments they share, the stories they tell, and the permission they give one another to be human at work.

Something shifts when people sit in the presence of one another's stories of strength. When a colleague shares what carried them through difficulty, it fosters hope. When a leader leaves early for their child's school play and names it, they give everyone permission to do the same. These small, named moments signal what is valued, what is allowed, and what is possible.

Our Workplace Wellbeing model gives that experience a structure and a language, grounded in decades of prevention science. At its center is the Sources of Strength Wheel, eight areas of strength already present in your staff, ready to be recognized and shared.

The goal is to make visible what is already present, and build a workplace where wellbeing and collective care are the norm.



THE TRAINING · 3 HOURS

TEAMS READY TO GO DEEPER

Workplace Wellbeing begins with an interactive 3-hour training experience. It is designed to introduce an upstream, asset-focused alternative to conventional wellness programming to the broader workplace, moving beyond narrow individual self-care to address the relational and cultural conditions of adult mental health. Grounded in decades of prevention science, social network theory, and the evidence-based Sources of Strength framework, the training covers a shared language of eight protective factors, practical tools for nervous system regulation, and strategies for organization-wide wellbeing. After this training, participants will have increased skills in managing stress, improved work/life balance, and the capacity to integrate strength-focused content into daily routines, workplace communication, and supervisory relationships to foster an enduring workplace culture of strength and connection.

INVESTMENT

IN-PERSON

$6,000

per session

VIRTUAL

$4,000

per session

COST INCLUDES

- Pre-session consultation and tailored training development to ensure relevance and impact
- Three hours of training for up to 100 participants facilitated by a member of the Sources of Strength National Training team
- All Sources of Strength staff travel and accommodation costs for onsite training
- Materials to support training
- Ongoing support resources, including access to email support and technical assistance calls.

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