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|  | CC Well-Being Wellness Workshops |
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CC Well-Being Workshops are offered by highly reputable, educated professionals in the chosen topic. The workshops are interactive and the presenters utilize PowerPoint presentations, but more importantly engage the attendees with visual aids, practice techniques and small group breakouts. The presenters are creative and engage attendees with real-world take-away tools they can use to improve their total well-being, whether at home or at work. The workshops can be standalone or combined in a customized series combining many modalities around a specific need.

*The following workshops are provided by an instructor, coach, and trainer in Mindfulness Based Stress Reduction and the Worksite Mindfulness Project Manager at the Center for Mindfulness and Compassion at a hospital based program in Cambridge, MA. The instructor received her training at the Center for Mindfulness in Medicine, Healthcare and Society at the University of Massachusetts Medical School.*

 **Eight Steps to Mindful Listening**

Research on listening indicates that we spend about 80% of our waking hours communicating: writing 9%, reading 16%, speaking 30% and 45 to 50 percent of our day engaged in listening, to people, music, TV, radio, etc. About 75 percent of that time we are forgetful, pre-occupied, or not paying attention. One of the factors influencing this statistic is that the average attention span for an adult in the United States is approximately 8 seconds.

**Make Stress Your Friend: 10 Ways to be More Mindful at Work**

In a recent study researchers found that people experiencing high levels of stress but who believed that stress was good for them had among the lowest mortality rates. Whereas highly stressed people who believed that stress was bad for their health had the highest chance of dying. Your beliefs about stress clearly affect how they impact on your health and well-being.

**Resilience Training: Recovering from Failure**

The current environment is often chaotic and turbulent. It can be very demanding, causing stress and, eventually, burnout.  Modern business leaders need to become more resilient, adopting new skills to be successful in this “new normal.” Learn some practical skills which business professionals can use to build resilience and agility.

**Reboot, Recharge, Renew – Some Simple Ways to Combat Stress**

How do we recover and build resilience? Most people assume that if you stop doing a task like answering emails or writing a paper, your brain will naturally recover. Have you had times where you lie in bed for hours, unable to fall asleep because your brain is thinking about work? If you lie in bed for eight hours, you may have rested, but you can still feel exhausted the next day. Rest and recovery are not the same thing. Stopping does not equal recovering. Learn how to reboot, recharge, and renew your mind as well as your body.

**How to Become a Conscious Communicator When You’re Hallucinating Freely**

Email communication can be efficient and effective or it can be a time suck, and worse, an emotional trigger that can spin out of control. This workshop focuses on how to recognize triggers when reading email, how to respond consciously, when email is less effective, and ways to communicate beyond email.

**Management Strategies: Toughness vs. Kindness**

Find out how positive interactions contribute to increased trust and loyalty, greater productivity and lower turnover. Being a tough manager isn’t always the most conducive method for instilling a culture of creativity and innovation.

**Tips to Quiet Your Monkey Mind**

How often do you find yourself lost in a jungle of thought, swinging erratically from one thought to the next like a wild monkey? The harder you try to concentrate sometimes, the worse it gets. There are practical tips you can learn to quiet those thoughts and bring a more centered attention to what you want to focus on.

**Starved for Time? Try Energy Management Rather than Time Management**

Always feeling overwhelmed and racing to get things done is actually depleting our energy reserves. Find out what it takes to nourish them so we can be high-functioningandhappy, how to accomplish more by doing less!

**Don’t Try to Be Mindful**

Many people lately have been trying mindfulness as a way to manage stress or to relax, but become frustrated, convinced they’re doing it wrong and they just give up. But focusing on achieving an outcome, say relaxation or managing stress, is a trap. Directing your attention to whatever you choose to focus, over time, changes the brain and can transform how you live.

*The following workshops are provided by a Registered Nurse who is an expert in holistic well-being. She is an engaging speaker and freelance writer. She is the author of A Reflective Journal for Busy People and the creator of Nature’s Peace Process programs. Her workshops offer insightful solutions to today’s challenges, create opportunities for participants to experience holistic well-being techniques, and include practical take-away tools attendees can use to improve their well-being at home or at work.*

**Calm Down!**

Originally developed for nurses to use with their patients and now available to anyone who might experience a really bad day, ‘Calm Down!’ teaches you how to use guided breathing meditations in anxiety-provoking situations.

**R&R: Relax and Reconnect**

This workshop is perfect following exceptionally busy or stressful times affecting entire departments, divisions, or the organization as a whole. Combining two popular relaxation activities, guided imagery meditation and adult coloring, the ‘Relax and Reconnect’ group experience ranges from silly to profound as attendees unwind and spend some congenial time with each other.

**Finding Peace with Nature**

Current research indicates that many of us are suffering due to a disconnection with nature and the great outdoors. Learn how a busy adult can reconnect, even during a hectic work week.

**Essential Wisdom for Family Caregivers**

Taking care of loved ones with cognitive, emotional, or physical challenges often has high physical, emotional and spiritual demands. Learn to thrive rather than simply survive with nine essential tips from a nurse who knows the demands of taking care of family.

*The following workshops are provided by a highly trained and knowledgeable Wellcoaches Certified Health Coach who holds a Master’s Degree in Health Communication. In 2014, she was nationally recognized by WELCOA as a Top 100 Health Promotion Practitioner and is a WELCOA Faculty Member. She holds additional certifications as a National Wellness Institute Certified Wellness Practitioner (CWP), ACE Certified Personal Trainer, Physical Mind Institute Pilates Mat Instructor, First Line Therapy Certified Lifestyle Educator, and Zone Perfect Nutrition Certified Instructor. Her workshops are creative and engaging providing attendees with practical take-away tools they can use to improve their well-being at home or at work.*

**Healthy Caregiving and Compassion Fatigue** - available for 1 or 2 CE credit hours.

This course brings awareness to the symptoms of compassion fatigue and provides ways to manage its damaging effects for improved self-care. Healthy self-care yields more productive health care providers. Constantly focusing on others, at work and at home, often results in forgetting to take good care of oneself. Apathy, isolation, bottled up emotions and substance abuse lead a long list of symptoms associated with this stress disorder now labeled c**ompassion fatigue.** Participants can assess their status via the compassion fatigue self-test. **Its symptoms will be addressed plus ways to break the compassion fatigue cycle**. By then creating a personal self-care plan with simple ideas for stress relief and relaxation, better nutrition, and improved exercise habits, participants will also lay the foundation for greater personal and professional resilience and, better work-life balance.

* Learn how to manage stress of caring for people all day and take better care of YOU!
* Define compassion fatigue and learn what causes you stress
* Describe normal compassion fatigue symptoms & understand the health effects
* Understand physical symptoms of stress
* Feel better & heal by recharging with joyful, calming practices, new ways to respond
* Proficiently create a personal self-care vision & set weekly behavioral goals

**Enhancing Provider**-**Patient Communication for Better** **Outcomes -** available for 1 or 2 CE credit hours

Communication is an essential skill for safe, effective, and compassionate health care. Health professionals that learn effective, evidence-based strategies for enhancing communication skills have greater job satisfaction and less work stress. Patients benefit by being more likely to adhere to treatment and to follow provider advice and directions. Also, patients’ distress and vulnerability to anxiety and depression are lessened. Learn a variety of communication skills and techniques, tools for effective communication, factors effecting communication, and characteristics of successful communication. Role playing component is available.

* Learn the goals of the provider-patient communication process
* Learn patient & provider benefits to improved interactions
* Understand the risks of poor communication
* Identify barriers to effective communication
* Describe good communicator skills, techniques
* Communication skills practice

**Help Your Staff Prevent Burnout - Recognizing Organizational Compassion Fatigue –**

Available for 1 or 2 CEU credit hours.

[Some occupations and work environments are significant contributors to stress and burnout.](http://www.techrepublic.com/article/creating-supportive-engaging-work-environment-helps-fight-employee-burnout/5035231) Therefore, while much of the conversation [focuses on what individuals can do to manage their time and deal with burn out](http://ynpnnyc.org/2012/02/17/who%E2%80%99s-got-the-time-how-young-nonprofit-professionals-can-accomplish-their-goals-and-prevent-burn-out/), there are steps organizations and their leaders can take to create more supportive work environments when demand for services is high. Organizations risk losing talent, face reduced productivity, increased rates of absenteeism, high turnover, and over use of employee benefits such as medical insurance. Also, research indicates that management burnout has the strongest influence on employee service delivery, job satisfaction, and organizational commitment. This workshop will help leadership to

* Learn the symptoms of organizational compassion fatigue
* Learn the Eight Laws of Governing a Healthy Workplace
* Discover effective communication strategies to engage employees as stakeholders
* Take personal steps to address management burnout and lead by example
* Take steps to create a more supportive work environment when demand for services is high

**Health Consumerism & Getting the Most Out of Your Healthcare Visit**

Out of control health care expenditures will drive consumers to take better care of their health. Medical self-care is what a person does to recognize, prevent, treat and manage health care problems on their own and is the newest sector that is proving to improve outcomes in wellness. Medical self-care programs are aimed at lowering the demand for health care by improving consumer decision making skills and the quality of the self-care skills they practice. They also improve the consumer’s communication skills with health care providers so they can be better informed about potential choices and options for medical care. Learn a variety of tools to empower consumers so they improve communication skills, receive more comprehensive care, and have better compliance and outcomes when they meet with a care provider or are engaged in the health care system. Medical self-care complements the traditional patient education model and improves the patient-professional partnership.

**Caring for the Family Caregiver**

Constantly focusing on others often results in forgetting to take good care of oneself. Healthy self-care is for self-preservation and anything but selfish, so join us for this interactive session to **break the stress cycle!** Become aware of the symptoms of stress and burnout, in order to avoid them escalating to compassion fatigue. Find yourself again with better self-care by rediscovering activities that bring you joy and calm while learning healthier ways to respond to stressful circumstances in a more resilient manner. Identify your #1 self-care area in need of balancing your role as a caregiver - your first step in designing an action plan to be a happier helper. Participants will receive resources to assess their strengths and their current health as a family caregiver.

# Building a Healthy Back

## Learn exercise and lifestyle tips for maintaining and building a healthy back.

**Exercising to Improve Cardiovascular Health - Safely and for Results!**

## Learn how to start a cardiovascular program safely and break fat-loss plateaus.

**Healthy Habits for Managing Blood Pressure**

## Learn simple nutrition and exercise tips for healthy blood pressure.

# Less Stress at the Desk

Get the latest in ergonomics education and at-the-desk stretching techniques to relieve muscle soreness from spending long periods of time at the computer.

# Better Bedtime Rituals

Learn the risks of not getting enough sleep, sleep disorders, how to improve your daytime/before bed routine so you are rested and more energized throughout the day.

# Too Busy Not to Stay Fit

## Learn how to fit a fitness program into your busy life, and take time for you!

**Women on Weights**

Learn the numerous benefits of weight training at any age, with hands-on instruction.

**You Can Stay Fit on the Road**

Learn how to maintain your fitness program while traveling, with some planning and portable equipment.

*The following workshops are provided by a Social Worker who has extensive experience speaking at local and national conferences, including NASW Symposium, MA Hospice and Palliative Care Federation annual conferences, National Hospice and Palliative Care Organization (NHPCO) national conferences, Association for Death Education and Counseling (ADEC) national conference. She is a contributor to the Oxford Textbook of Palliative Social Work.*

**When Grief Comes to Work**

30 million people grieve each day in the US. Depression accounts for nearly $12 billion in lost work days each year. Reduced productivity costs employers more than $11 billion per year. Dealing with grief not only affects the worker who is personally experiencing a loss, but his/her co-workers too. And if a co-worker dies, many people throughout the workplace can be impacted. Workplaces need to find a balance between ensuring that work responsibilities are fulfilled while at the same time allowing employees to feel supported. An employee who feels supported is more likely to be loyal, productive and satisfied. This workshop offers an opportunity to talk about types of loss and how they may affect a person and ways in which can organization can support grieving employees.

 **Conversations: Discussions about Caregiving and Advanced Planning**

Elder care responsibilities can interfere with paid employment. An estimated 61% of family caregivers of adults age 50 and over are currently employed full or part time. It is estimated that US businesses lose up to $33.5 billion a year in lost productivity from full time working caregivers. Creating elder care benefits and supports can benefit both employees and employers.

This workshop provides information and tools needed for people to have difficult but important conversations about caregiving, health care wishes and end of life concerns.

*The following workshop is provided by a Wellcoaches Certified Health and Wellness Coach who has extensive experience in the disability management and occupational health field helping employees and employers with safety and health initiatives. She holds the WELCOA faculty status designation, and is a Certified Wellness Practitioner (CWP) and Certified Worksite Wellness Specialist (CWWS) with the National Wellness Institute.*

**Making Your Joints Well**

 Musculoskeletal injuries can cause damage to muscles, ligaments, tendons, nerves, bursae, joints, and cartilage, including intervertebral discs. An individual with a musculoskeletal injury may suffer from some of the following symptoms - pain and/or swelling; numbness, burning, or tingling sensations and/or loss of mobility around a particular joint or joints.

This workshop will bring self-awareness to minimizing joint pain and injuries. The Instructor will focus on the employee and their well-being creating behavioral attitudes and steps to maintaining good joint health and a sustainable healthier lifestyle.

* Self-care education on importance of maintaining healthy joints.
* Education on musculoskeletal injuries and long term diseases i.e. arthritis.
* Instructing on stretching program through instruction, train the trainer, or handouts.
* Implementing good nutritional, physical and stress reduction habits.

This workshop can be extended into a health coaching program offered onsite, telephonically or through email/text messaging and tailored for one to four month sessions. There will be a special emphasis on stretching, nutrition, and physical exercise and stress reduction techniques. The Health Coach would partner with the individual to establish a personalized wellness vision. Together they would identify strengths, work through challenges and obstacles, and address readiness to change to guide the individual to achieve a higher sustainable level of well-being.

**What Makes Your Heart Sing?**

Happiness lies on our doorstep! Most employees will spend roughly 90,000 hours of their life working, separating work from happiness only gives rise to stress and unhappiness in all facets of our lives. Happy employees are more loyal, make better decisions, contribute to a positive employee morale, are strong team players, excel at managing their time and develop other crucial leadership skills.

Through presentation, discussion, group exercise and individual goal setting; attendees will gain an understanding of the relationship of how happiness can reduce stress. All attendees will receive resource sheet, handout of stress reduction tips and design mapping to create their own personal happiness vision. This is a fun engaging workshop which provides employees a look inside themselves to uncover “what makes their heart sing” and the tools to build habits to combat stress.

**Limit Your Stress**

Stress can wreak havoc physically and psychologically on our well-being. It can affect our sleep patterns, nutritional habits and exercise routine. In this workshop we will discuss stress related diseases and illnesses and learn 10 techniques to combat stress in our everyday lives. We will practice decreasing negative talk and learn the art of cognitive restructuring founded by Drs. Albert Ellis and Aaron Beck. This workshop is interactive beginning with stretching program and concluding with group practice exercises on the ten techniques.

*The following workshops are provided by a certified strength coach and a certified nutritionist who concentrates on helping those over 50 live longer, more fulfilling lives by addressing challenging issues revolving around the workplace and lifestyle choices. He has owned several training facilities specializing in personal training, nutrition, fitness/physique transformations, ‘baby boomer’ and senior training as well as sports preparation.*

**Making Change When Change is Tough**

A look at the lifestyle and habit change and why it can be so difficult to change...even when we know we should.

 **The Power of Strength Training**

A close look at the do's and don'ts of resistance training and how it can be used for longevity, quality of life, weight management and much more.

 **What's Bad is Good Again**

A look at foods which we have been told are bad for us, but which may not be so...and vice versa.

**Stress Reduction**

Recognizing the patterns which leads to a buildup of stress and the methods to reduce stress. Touching upon: Meditation, breathing exercises, lifestyle choices and more.

 **Let's Talk Cardio**

We examine the truth and myths around the most popular form of exercise, how to do it correctly, how much is too much and what the effective alternatives are.

**Grains and Gluten**

A close look and 'healthy whole grains' and the background of gluten in our foods and ways to clean up our diets.

 **Manage Your Energy, Not Your Time**

We will discuss how energy management is the REAL issue. Once this is addressed, time management takes care of itself.

**Your Holiday Survival Guide**

Some people accept the fact that they will gain weight over the holidays. It does not have to be so. We will look at the steps you can take to get through the holidays without packing on the pounds.

**Sleep 101**

Sleep deprivation is a serious problem costing employers millions and employees their health. This presentation explores the impact of poor sleep as well as multiple recommendations to get a good night’s sleep.

**Successful Aging**

What does it mean to "age successfully". People have a much higher expectation of how active they will be as they age and what 'older' really is compared to a generation ago. We will look at the choices we can make now to impact how we age

**18 Anti-Aging Tips**

A listing of some serious and some lighthearted ways we can fight aging on a day to day basis.

**Staying Sharp as We Age**

An examination addressing one of the most serious concerns of anyone over age 50. How to keep our brains as sharp as possible!

 **Fitness Over 40**

A walk through what it means to be fit and an exact list of movements EVERYONE over age 40 should be able to do in order to remain healthy and independent as we get older.

**Inflammation - the REAL Enemy**

New research is shedding more and more light on inflammation in our bodies and its powerful association with brain health, heart disease, arthritis and more...(Very popular!)

*The following 8-week quit smoking clinic is offered by an American Lung Association & American Cancer Society Smoking Cessation Facilitator*

**American Lung Association’s Freedom from Smoking Clinic**

This highly structured 8-session clinic includes strategies and support to help you get ready to quit smoking. Taking you from awareness of smoking dependence to actual behavior change, this program emphasizes the benefits of better health and improved lifestyle habits, while learning the process of quitting smoking. Participants must learn to thoughtfully manage nicotine addiction, unlearn their automatic behavior of smoking, and substitute healthy new alternatives.

The activities and assignments provide participants with proven strategies for changing their behavior and lifestyle. Note: you don’t have to quit the first day of the clinic but it will prepare you for a quit date.

*In addition, CC Well-Being has a vendor partnership with a health and wellness speakers’ bureau which provides an extensive list of high quality workshops in the area of nutrition and physical exercise.*

**CC Well-Being Company Summary**

CC Well-Being Inc. specializes in the collaboration of engaging worksite wellness programs and sustainable behavior change health coaching services. Our mission is to help individuals achieve their vision to reach a higher level of health and well-being. Our experienced staff and network of safety, health and wellness professionals provides our clients with the confidence they are receiving the best in worksite wellness development.