

Feeling Burnt Out?

StrengthenME, Maine Health Care Association, and Work Force EAP are collaborating to provide healthcare workers with free wellness workshops for leaders and confidential coaching sessions.

Fall Wellness Series for Leaders

Join us for our 3-part wellness series for Leaders. These 60-minute webinars will be hosted online (via Zoom) every other *Thursday* in *November* from *1-2pm*. Here's a list of what we'll be covering and when:

- **Motivation and Coaching (11/2/23):** This workshop explores coaching as a supportive, collaborative approach to the manager-report relationship. Participants will learn about common motivations among employees, personal motivation types, and factors that undermine workplace morale. Specific techniques are presented for giving feedback, providing praise and recognition, setting appropriate goals, and maintaining accountability. The session also discusses when coaching is no longer appropriate.
- **Navigating Difficult Conversations (11/16/23):** Many workplace problems could be solved by effectively engaging in difficult conversations. However, such dialogues are intimidating. Often the issues are left to continue, or even worsen, because managers do not know how to address them effectively. Participants will learn what defines a difficult conversation, and when and how to conduct one to solve a workplace problem or improve an employee's performance. Emphasis is on practical suggestions and specific tips and tools for before, during and after the conversation.
- **The Impact of Attitude (11/30/23):** Attitude is crucial in any workplace, and yet it can be hard to define and even harder to change. This workshop takes a practical approach to our attitude at work, directly addressing the problems of unrealistic expectations and how the ideal of pure "positivity" can backfire. Participants will learn the meaning of a constructive or "can-do" attitude, how to foster it in themselves, and how to coach their staff toward constructive attitudes and behaviors.

To register for the webinar series, please [click here](#) and complete the required form (providing the correct information in each field).

Individual Work/Life Coaching

Access 1:1 confidential coaching with a licensed mental health counselor to assist with stress and to explore wellness options and resiliency. Up to six 50-minute sessions, conducted via Zoom.

To inquire about or schedule services,
please send an email to
StrengthenME@northernlight.org
or call **1-800-769-9819**.