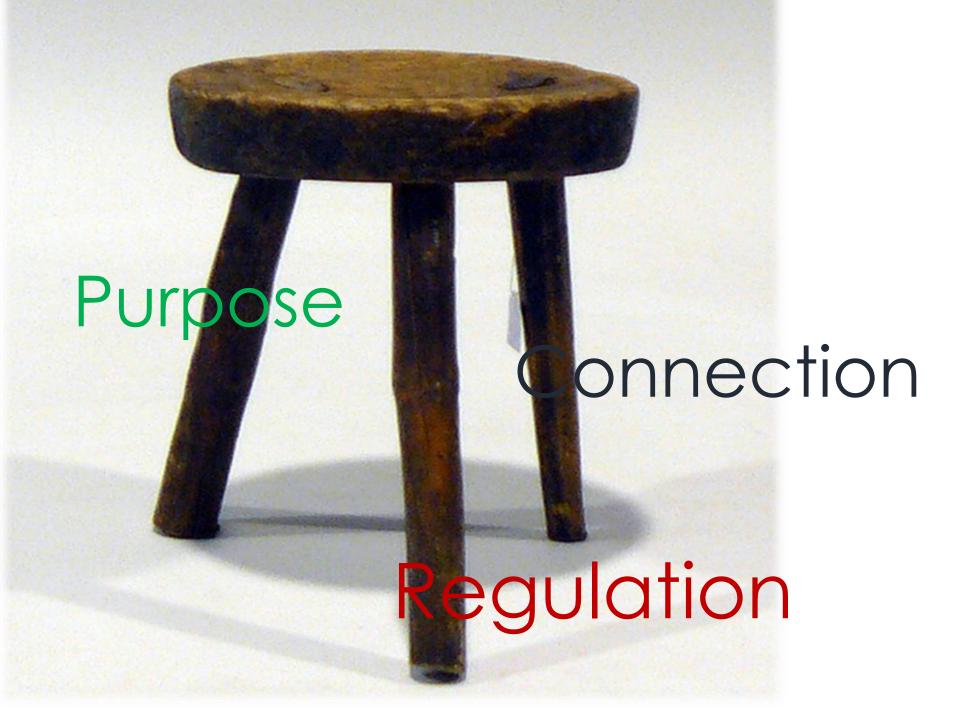






The seat of resilience





Steps to stand up a wellbeing program

- 1. Assessment
- 2. Buy-in
- 3. Committee
- 4. Coordinator
- 5. Mission statement
- 6. Facilitator
- 7. Wellbeing plan
- 8. Budget
- 9. Monitor, evaluate, and adapt



Components of Welling Program:

- Caseload analysis
- Secondary trauma program
- Resilience training
- Peer support
- Workplace safety
- Incentives for health, fitness, etc.
- Rotating temp "relief" position
- Recognition/ceremony
- Leadership training











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