



# WORKPLACE WELLNESS

SPECIALIZED TRAINING PROGRAM

## WHAT IS TEAM AWARENESS NY?

Team Awareness NY is a workplace wellness program aimed at enhancing workforce well-being and fostering a healthy work culture. It offers **customizable training programs** designed for the whole company or specific subsets, **available in-person or virtually**. The program includes three individual trainings and additional workshops, facilitated by trained professionals through **interactive group discussions, communication exercises, and self-assessments**.



### The Ripple Effect of Wellbeing

Recognizing and acting on the interconnectivity between oneself, the workplace, and the community is essential for leveraging the strength and resilience of your team.



### The Resilience of Thriving

Identifying Stress Effects and Learning Healthy Coping Skills.



### Empowered Health Consciousness

How to adopt a wellness-focused lifestyle to reduce substance misuse and enhance mental well-being.



## Get in Touch

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“Wellness at work isn't an expense but an investment in people and productivity.”

## BENEFITS

- Increased help-seeking behavior and supervisor responsiveness to stress and burnout.
- Workshops that reduce substance use and improve workplace emotional climate and team culture.

## RESULTS

- Improved knowledge and attitudes about stress, anxiety, and mental health strategies.
- Promotion of a healthy workplace environment.
- Enhanced communication and support among colleagues.