

Including Training/Professional Development in Your Application

Creating the workplace wellness space is the grant's **primary** focus.

The benefits of the workplace wellness space may be enhanced by training or professional development to support employee wellness.

Training/professional development are fundable under the workplace wellness grant according to the guidelines in this tip sheet.

Training/Professional Development activities proposed should meet these guidelines:



- ▶ Demonstrated employee need and availability
- ▶ Enhances what will be accomplished through the workplace wellness space
- ▶ Fills gaps or adds to current workplace wellness offerings
- ▶ No more than 20% of proposed budget should support training/professional development
- ▶ Ideally, a train the trainer model will expand the reach of trainings/professional development and ensure lasting impact
 - *Train the trainer model means that one or more employees participate in a training and then train other employees on a regular basis*

Training/Professional Development activities can be aimed at any of the following:



- ▶ Promoting resilience
- ▶ Fostering equity/inclusion
- ▶ Reducing stress/anxiety

Suggested Training/Professional Development Topics:



- ▶ Stress reduction
- ▶ Diversity, Equity, Inclusion
- ▶ Mindfulness/meditation
- ▶ Resilience/Self-care
- ▶ Mental Health First Aid
- ▶ Dealing with Isolation
- ▶ Collaboration/Teamwork