

Team

Awareness



TEAM AWARENESS: NUDGING THE WELLNESS CULTURE

2010 Facilitator Certification

Saturday, July 17 - Monday, July 19, 2010
Stevens Point, Wisconsin

Team Awareness is in the National Registry of Evidence-Based Programs and Practices
www.nrepp.samhsa.gov (previously recognized as a SAMHSA Model Program)

EVIDENCE-BASED

Clinical trials show that Team Awareness reduces risks for substance abuse and mental health concerns, increases help-seeking, reduces stigma, and enhances the work culture.*

TEAM BASED

Team Awareness is a team-based training program developed to increase the awareness of behavioral health as a group concern rather than an individual burden.

ANY SETTING

This program is designed for use in any type of organizational setting or occupational group where employees interact with or depend on each other to get work done.

ENHANCE GROUP RESPONSIVENESS

The training seeks to decrease tolerance and enabling of problem behaviors, enhance group responsiveness to problems, improve attitudes toward policy, and increase help seeking and peer referral to the EAP, counseling or other resources.

PROMOTE HEALTHY BEHAVIORS AMONG EMPLOYEES

Team Awareness addresses the role that work group culture and social dynamics play in enabling substance use and how use by any member of the work group can negatively impact every other member.

*visit NREPP's Team Awareness review:

[www.nrepp.samhsa.gov/
programfulldetails.asp?PROGRAM_ID=133](http://www.nrepp.samhsa.gov/programfulldetails.asp?PROGRAM_ID=133)

Team Awareness: Nudging the Wellness Culture (Through Science)

Presenter: Joel Bennett, PhD, CWP (Certified Wellness Practitioner)

Dates: Saturday, July 17 - Monday, July 19, 2010

Time: 8 a.m. - 5 p.m.

Program Description

In 2002, Team Awareness (TA) was the first workplace-based program entered into the National Registry of Evidence-Based Program and Practices as scientifically effective with positive capacity for dissemination. Team Awareness has since been delivered to 10,000 workers in various settings (corporate, profit, non-profit, military, union apprenticeship, tribal government, ex-offender, small businesses), industries (construction, transportation, restaurants/hospitality), and populations (emerging adults, ex-offenders, Youth Corp). TA targets peer-to-peer referral (nudging) for help-seeking on a variety of health behaviors. Unlike most health promotion programs, the focus of TA training is on the culture and co-worker relationships, as these have been found to be critical to the sustainability of any wellness program. This three-day program will provide a hands-on introduction to facilitators who want to integrate wellness with team building, social health promotion, employee assistance programs (EAPS), and prevention programs in work settings. As a participant, you will review both background theory and research, receive exercises within the program, and practice on conducting a training session with workplace clients and staff. Note: This is a level 1 certification training and, upon completion, you will be provided with a certificate.

Objectives

Participants will be able to:

1. deliver TA (in part or whole) through observation and practice
2. customize TA to their own setting
3. add engaging and enjoyable exercises to other workplace trainings
4. conduct several 1-hour programs and teach about employee assistance programs in a fun way
5. identify the benefits of this program and how to market to clients and staff
6. follow fidelity guidelines to implement TA according to its science-based structure

Registration (register online at www.nationalwellness.org)

Current NWI Member Registration Fee -- By March 15, 2010: \$1,295 -- After March 15, 2010: \$1,395

Non-NWI Member Registration Fee* -- By March 15, 2010: \$1,395 -- After March 15, 2010: \$1,495

REGISTER →

http://www.nationalwellness.org/index.php?id_tier=90&id_c=182

*Non-member registration includes one year membership in the National Wellness Institute starting the date conference registration payment is received.

• Fax #: 715.342.2979 • E-mail: (nwc@nationalwellness.org) • Phone: 715.342.2969

Learn More

(GOOGLE “NUDGE THE CULTURE OF WELLNESS” or

<http://www.slideshare.net/JoelBennett/nudge-culture-of-wellness>)

Visit www.organizationalwellness.com and download the Team Awareness curriculum. Contact the Developer:

Dr. Joel Bennett, President

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