



Managers impact employees' mental health as much as their spouses and more than their doctors or therapists.

ELEVATE MANAGEMENT

Well Wisconsin Training Series, brought to you by WebMD Coaching

Join the NEW Well Wisconsin leadership training series, designed to help managers build leadership skills to create a culture of well-being at work. Join one or all four in this series by registering for individual training sessions.

Fostering Resiliency to Prevent Burnout

March 20 at 12 pm CST

Identify the causes and symptoms of employee burnout and discover how you can build resilience as a manager both internally and across your team.

[Click to register](#), or scan



Building ONE Cohesive Culture

June 19 at 12 pm CST

Discover how to improve workplace culture by building connections, addressing employee retention and motivating others.

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Destigmatizing Mental Health Challenges

September 4 at 12 pm CST

Understand mental health, the stigma that can surround it and self-care strategies and resources that will support mental health for leaders and teams.

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Centering Leadership in Empathy

November 6 at 12 pm CST

Examine how empathy in the workplace can impact the vital role managers play in centering their management style in a supportive, open and understanding way.

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