

# SOURCES OF STRENGTH

## STAFF WELLNESS TRAINING

Build a Stronger, Healthier Workplace! Our Staff Wellness Training inspired by the Sources of Strength framework offers a high-energy, interactive experience that encourages resilience, connection, and personal well-being among your staff. This approach is rooted in a nationally recognized prevention model that focuses on strengthening protective factors for mental and emotional health.

### YOUR TEAM WILL...

- Discover the core strengths that support resilience and wellness
- Learn how to integrate these strengths into everyday routines and relationships to handle stress, maintain balance and support a healthier mindset.
- Value the importance of investing in personal wellness.



This training can be customized to meet your organization's needs and schedule. We offer a 1 hour abbreviated training as well as a 3 hour extended option.



Contact Us  
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