

WORKPLACE WELLNESS, CERTIFICATE OF COMPLETION

Requirements

The Workplace Wellness Certificate enables students to learn and build the self-awareness, communication, health, and wellness skills that enable them to lower their stress, manage conflict appropriately, and build resilience, all of which have been shown to result in better health, higher productivity and morale, and better outcomes for both the employee and the employer. It enables students to develop the proactive and strategic communication techniques and wellness practices that minimize and mitigate the stressful challenges of the workplace.

This certificate is also a gateway into other noncredit and credit programs, helping students develop workplace skills and training that will qualify them for even more work opportunities.

There are no prerequisite requirements for this program, and courses are open to all students.

Code	Title	Units
PROW NC083	Effectively Managing Workplace Stress	0
PROW NC084	Maximize Trust, Minimize Conflict	0
PROW NC085	Building Resilience in the Workplace	0

Learning Outcomes

1. Describe how increasing trust and building relationships positively contributes to workplace wellness, psychological safety, and improves individual and team performance.
2. Assess and apply different strategic resilience and stress management techniques that can proactively decrease workplace stress.
3. Assess professional stress management strengths and limitations. Develop plans using proactive behavioral techniques discussed to increase management of workplace stress and build resilience.
4. Identify a challenging workplace issue and apply skills that mitigate the situation and most likely produce a win-win scenario.