



For More Information

If you're interested in offering training through the Team Awareness NY program to your colleagues, please contact

Julie Hengst at:

jhengst@bridgescouncil.org
315-697-3947

BRiDGES
PO Box 389,
Oneida, NY 13421



Specialized Training for Workplace Wellness



What is Team Awareness NY?

Team Awareness NY is a workplace wellness training program designed to increase the overall wellbeing of the workforce and support a healthy work culture.

Team Awareness trainers in your area offer a menu of programs, based on the needs of the entire company or even a subset of the company. The program consists of three individual trainings (Empowered Health Consciousness, Ripple Effect of Wellbeing, and Resilience and Thriving) and can be scheduled in person or virtually to meet the needs of each business.

Team Awareness NY is facilitated by trained behavioral health professionals and is highly interactive, using group discussion, communication exercises, and self-assessments.

Benefits

Team Awareness NY Offers

Team Awareness NY has been shown to increase employee help-seeking for and supervisor responsiveness to workers with issues such as stress, anxiety, burnout, fatigue, and substance misuse. It not only reduces the rate of problem substance use among employees, but also has been proven to improve the workplace's emotional climate and team culture.

These results are achieved by the training's:

- Promotion of a healthy workplace environment
- Promotion of increased communication and support between colleagues
- Improvement of knowledge and attitudes around stress, fatigue, anxiety, substance misuse and other mental health concerns in the workplace

Our Training Modules



Empowered Health Consciousness

How to embrace a wellness-focused lifestyle and reduce substance misuse and increase overall mental wellbeing



Ripple Effect of Wellbeing

How to recognize and act on the importance of interconnectivity between one's self, workplace, and community



Resilience & Thriving

How to identify the effects of stress and learn healthy coping skills

