



Be Well at Work

Faculty/Staff Health Programs

DEPARTMENT TRAINING & CONSULTATIONS FOR FACULTY & STAFF

Be Well at Work Faculty/Staff Health Programs offer training and consultations which meet the needs and schedules of campus departments, worksites, and groups. To request one of these classes for your department, please call the appropriate number listed for each unit.

Benefits of departmental training:

- Addresses the unique issues of your department
- All members of a working group share the same information and experience
- The group can develop and follow-up on action plans derived from the training experience

Disability Management	Contact: 510-643-7921
Workers' Compensation Topics (e.g., overview, how to report an injury, benefits)	
Disability Management (e.g., overview, reasonable accommodations, interactive process)	

Employee Assistance	Contact: 510-643-7754
Habits: The Good, The Bad and The Ugly	
Healthy Relationships	
Introduction to Mindfulness	
Mindfulness Meditation and Self Care	
Navigating Workplace Change	
Resilience	
Relaxation Techniques	
Tips and Tricks for Improving Sleep	
Vicarious Trauma and Stress Management	

Ergonomics	Contact: 510-643-2540
Computer Health*Matters (minimum 10 staff required)	
Ergonomics Consultation - Office remodels, Furniture specifications and non-computer environments	
Keyboards and Mice Training (minimum 10 staff required)	

Wellness	Contact: 510-643-4646
Energize to Be Well	
Activity Breaks for Your Meetings or Events	
Fitness – Get Fit in 7 Minutes, Active@Work	
Know Your Numbers Health Screening	
Nutrition – Cooking demo, Sugar Savvy	

Work/Life	Contact: 510-642-7754
Self-Care for Caregivers of Children and Teenagers	