



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 Benefits Procedures

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

Communication and Teamwork

Communication and Boundaries

Communication and Microaggressions

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)

Smooth Moves: Safe Ways to Move Your Office

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