

ELEVATE YOUR WELL-BEING WITH THE UPCOMG WORKPLACE SERIES



Prepare to navigate workplace challenges resiliently and with balance. Discover what's in store for you with the upcoming APPA Workplace Well-Being Series!

WHAT TO EXPECT

Uncover animated shorts addressing workplace issues. From "**The Amygdala Hijack**" to "**Setting Workplace Boundaries**," gain actionable steps for burnout prevention and resilience enhancement. Expect practical insights that elevate your well-being amidst the challenges of your professional demands. Gain insights for stress management, resilience, and work-life balance.

SHOW YOUR ALLYSHIP

Complete the series and survey to earn an official **Workplace Well-Being Ally** badge. Display it in your email signature and social media, signifying your support for colleagues during tough times.

LEAD POSITIVE CHANGE

Equip yourself with insights, strategies, and a supportive network. Embrace your role as a Workplace Well-Being Ally, **advocating** for empathetic and encouraging work environments.

Ready to empower your work life? Dive into the Workplace Well-Being Series soon for a more balanced and fulfilling professional journey.

