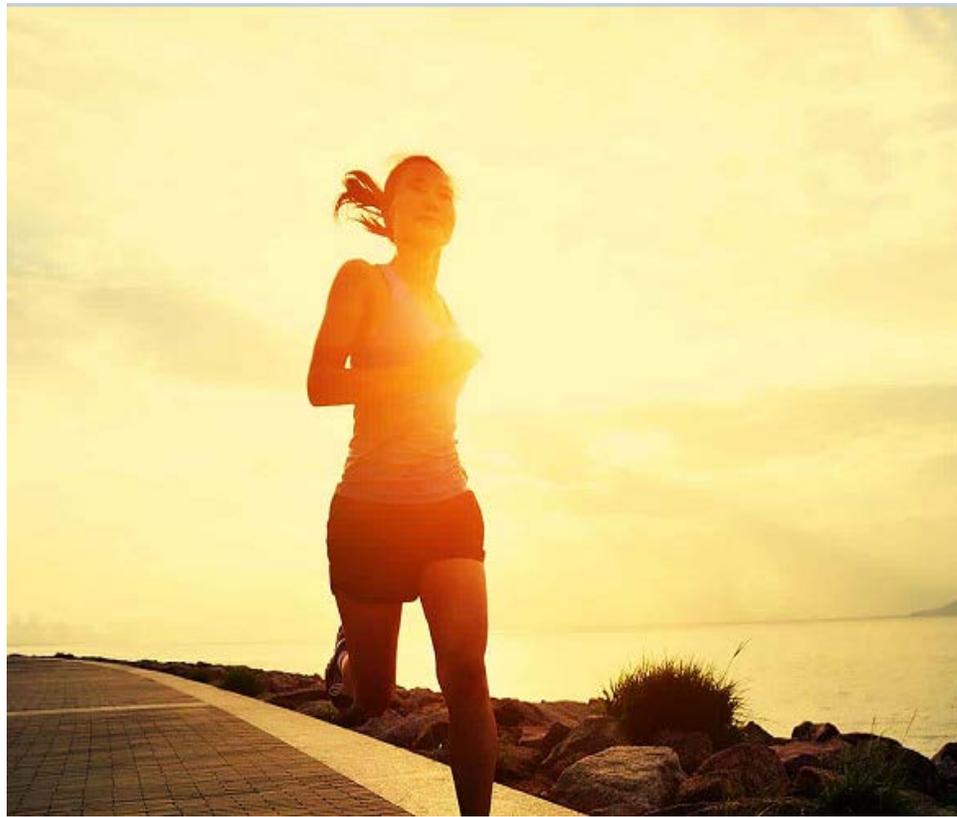




Well-Being for Work & Life



The Well-Being Institute at Merced College is made up of a series of dynamic workshops that will equip you with actionable skills to help you increase your well-being. From resilience, mindfulness, and gratitude, to sleep, exercise, and nutrition, this program will deliver valuable support for your total well-being. Research on this topic is clear: Employee well-being affects your organization's productivity, customer service, and bottom line. Invest in yourself and your organization to improve your well-being today!

**Each course is only \$23
and earns a 1/2 unit of
college credit!**

For more information contact
Dorota Mimms at dorota.mimms@mccd.edu
or Terry Plett at terry.plett@mccd.edu

To register, call (209) 386-6733

Or visit www.businesscommunityeducation.com

Face-to-Face classes are taught from 1-5PM at the Merced College Business Resource Center, 630 W. 19th Street in downtown Merced.

All online classes are self-paced and easy to navigate on Canvas, Merced College's online platform. Participants have two weeks to complete each online course

Select the individual courses that best meet your needs or take all 5 courses and earn a Certificate of Accomplishment!



Fuel Your Body for Success:

The Link Between Food, Quality Sleep, and Success

Online February 2 - February 16, 2022 MGMT 52N - 92850

Learn how healthy eating and quality sleep can help your energy level, work performance, and overall health. You will have an opportunity to evaluate your own eating and sleep habits and strategize on how to make improvements.

Building Resilience:

Essential Skills to Bounce Back and Grow During Challenges and Change

Online March 2 - March 16, 2022 MGMT 52R - 92852

Discover strategies for building resilience to stress and strengthening your well-being in the face of challenges at work. The practice of Mindfulness will be covered as well as an exploration of how resilient mental habits are foundational to well-being and productivity in the workplace.

Foundations of Well-Being in the Workplace:

The Essential Elements and Their Connection to Employee Engagement

Face-to-Face April 14 & 28, 2022 MGMT 52W - 97204

Online April 14 - May 5, 2022 MGMT 52W - 92804

Gain an understanding of the foundations of well-being in the workplace and explore the relationship between employee well-being and how it ties in with employee engagement, productivity, customer service and team work. The practice of gratitude will be explored along with the science behind how it impacts your well-being.

The Science of Happiness:

The Connection Between Well-Being, Happiness, and Productivity and How to Cultivate it at Work

Online May 4 - May 18, 2022 MGMT 52H - 92854

Explore why happiness matters and how to increase it within yourself, among colleagues, and across your organization. Learn actionable strategies for boosting happiness at work, leading to better performance, innovation, higher productivity and well-being.

“The Well-Being Institute helped me get to know myself a little better. I also learned how dependent I am on devices - which caused me to miss important interpersonal cues with my family and friends. I recommend this series of classes to anyone that wants to invest in themselves. You won't be disappointed . . . you may even realize how happy you are!”

Donna Winchester
Vice President of Human Resources, MERCO

Finding Your Purpose - Leading with Strengths:

Maximize Your Talents and Develop Your Strengths

Online June 1 - June 15, 2022 MGMT 50S - TBA

Research says when we know our purpose and use our strengths every day, we have higher well-being. Using Gallup's Clifton Strengthsfinder, you will find out what your unique strengths are and how to be intentional to use them in every area of your life.