



WIRE

Working In Resilient Environments

Program Description

Employees in workplaces face daily challenges to their mental health and resilience, and developing the skills to manage these stressors can be overwhelming. Kaiser Permanente Educational Theatre utilizes theatre and an arts-based methodology to create opportunities for connection amongst colleagues and provide resources for fostering healthy and resilient workforces.

Working In Resilient Environments (WIRE) uses experiential learning and arts integration techniques to engage participants in the discovery and practical implementation of tools and strategies that address stress and burnout and foster a resilient workforce.

Module 1: Addressing Burnout and Fostering Resiliency

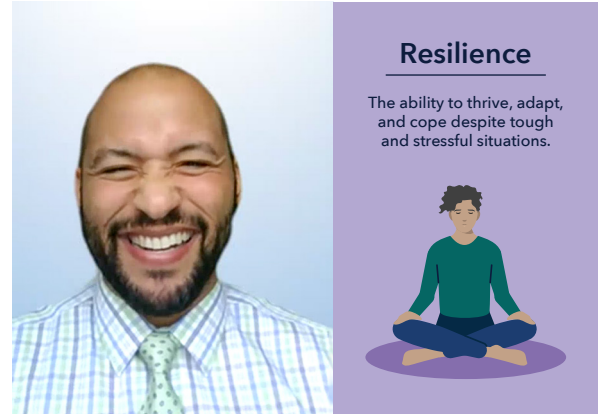
This 60- to 90-minute workshop investigates ways to combat burnout, provides stress management and mindfulness tools, and equips participants to foster empathic responsiveness and build a resilient work culture.

Module 2: Building Communities of Care

This 60- to 90-minute workshop centers concepts of burnout culture and resilience, while building team wellness strategies. Participants will consider their team culture and personal leadership styles to craft action plans for meaningful employee engagement.

What people are saying about WIRE:

"This was truly the best workshop I have been to in ages. It made me happy, lifted me up, I learned something valuable by practicing and want to share with my team members. Thank you!"



Key Concepts

- Identify wellness challenges
- Discover ways to bring joy into the workplace
- Practice resilience and empathy
- Develop supportive relationships with colleagues