

Resiliency and Well-Being Training

Stress Management & Resilience (Community Resiliency Model – CRM)

Equipping employees with science-based tools to recognize and regulate stress responses, improve focus, and enhance overall well-being.

→ **Sample Courses:** *Community Resiliency Model, Building Resilient Workforces, Managing Stress in High-Pressure Roles*

Emotional Intelligence at Work

Helping staff and leaders improve self-awareness, empathy, and relationship management for stronger workplace connections.

→ **Sample Courses:** *Emotional Intelligence for Leaders, Empathy in Action, Self-Regulation & Communication Skills*

Workplace Wellness Strategies

Providing practical approaches to improve attendance, morale, and engagement through well-being initiatives.

→ **Sample Courses:** *Creating a Culture of Wellness, Mindfulness at Work, Preventing Burnout*

Conflict Resilient Leadership

Training supervisors and executives to model resilience, manage organizational stress, and support employee well-being.

→ **Sample Courses:** *Leading with Resilience, Coaching for Well-Being, Building Resilient Teams Building, Leading through change without losing people*

Crisis Response & Recovery Skills

Helping employees and organizations respond to challenges with calm, adaptive strategies that reduce disruption.

→ **Sample Courses:** *Thriving in Times of Change, Crisis Response Skills, Post-Stress Growth Strategies*

Who Benefits from These Offerings

- **Education & Universities** – strengthening student, faculty, and staff resilience.
- **Healthcare & Human Services** – reducing burnout and supporting high-stress professionals.
- **Nonprofits & Community Organizations** – building capacity to serve vulnerable populations without burnout.
- **Corporate & Government Employers** – improving employee well-being, attendance, and retention.

How Organizations Use These Trainings

- **Professional Development Programs** – equipping staff with personal resilience skills.
- **Leadership Development Initiatives** – preparing managers to lead with empathy and stability.
- **Workplace Wellness Programs** – integrating resilience into wellness and engagement strategies.
- **Crisis Recovery & Change Management** – helping teams adapt to organizational or community disruptions.

Our Advantage

- **Mobile & On-Site Delivery** – We bring training to the company's location.
- **Flexible Scheduling** – Sessions offered on weekdays, evenings, or weekends.
- **Scalable Solutions** – Customizable for small groups or large teams.
- **Complementary Approach** – Fills the *human performance gap* alongside existing technical pipelines.

The result: healthier, more resilient employees, reduced stress-related turnover, and workplaces where well-being fuels performance and growth.



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