



HEALTH CARE RESOURCE PLUS, INC

*"Your Solution When Results Matter"*

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**Comprehensive Community Based Health & Medical Services with a Focus on Social Determinants of Health**

- Nursing & Medical Services
- Health Care Liaison Services
- Community & Public Health Programming
- Education & Training
- Health & Wellness / Self Care Therapy
- School Based Health Care
- Occupational /Worker Health
- Health Care Management Consultation



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**Community Health Workers  
Growth and Leadership Series  
Free to all Registrants  
CEUs Available**



Enhancing Personal and Professional Effectiveness

# INTRODUCTION



Community Health Workers (CHWs) face significant challenges due to the high-intensity and often traumatic nature of their work. This leads to extensive burnout and workforce turnover, which undermines the effectiveness of health services provided to vulnerable populations

By prioritizing a holistic approach to CHW well being, we are offering a strategic framework to cultivate a resilient workforce, promoting self-efficacy, a safe working environment and ultimately contributing to long-term organizational success through increased retention and productivity.

# PURPOSE AND GOAL



This workshop series takes a proactive approach to support the mental and physical well being of community health workers.

It will provide a comprehensive program focused on self assessment, coping mechanisms, self-efficacy, resiliency skills, self care and safety awareness, ultimately leading to an improved workforce, health and life balance and retention



# OBJECTIVES



- . Improve self-awareness and recognize personal strengths.
- . Develop healthy coping strategies for emotional challenges and workplace stress.
- . Implement cognitive restructuring for resilience and adaptability.
- . Identify workplace hazards and social media's impact on workplace culture.
- . Integrate self-care into daily routines for optimal well-being.
- . Cultivate mental fitness and awareness of thought patterns.
- . Build confidence and belief in overcoming challenges independently.
- . Use self-efficacy tools to enhance well-being, productivity, and growth.



# SCHEDULE



**June 27, 2025 – Introduction – “Nurturing Your Inner Strength”**

**July 11, 2025 – Self Care Initiatives – “Beyond the Basics**

**July 25, 2025 – Self-Efficacy – “Unlock Your Potential, The Power of Belief”**

**August 8, 2025 – Coping Strategies – “You Got This, Navigating Life & Workplace Challenges”**

**August 22, 2025 – Resiliency Skills – “Unleash Your Inner Power-Building Your Bounce Back”**

**September 12, 2025 - Safety Essentials – “Protecting Yourself & Your Community**

# ADDITIONAL BENEFITS

- ● ●  
✓ Reduced stress levels and burnouts in the field
- ✓ Improved employee morale and job satisfaction
- ✓ Increased productivity and engagement in the workplace.
- ✓ Enhanced workplace safety practices
- ✓ Lower employee turnover and absenteeism
- ✓ Positive impact on employer organization





# CONTACT US



Feel free to reach out to us to learn more about how our Workshop Series can benefit you and your team!



## Website

[www.healthcareresourcesplus.com/chw-workshop-series](http://www.healthcareresourcesplus.com/chw-workshop-series)



## Email

[hcrp1020@gmail.com](mailto:hcrp1020@gmail.com)

# THANK YOU

