



**Illuminating**  
ENGINEERING SOCIETY

**Rochester, NY Section**

P.O. Box 23795

Rochester, NY 14692

[www.iesrochester.org](http://www.iesrochester.org)

# IES Rochester Section Presents

## WELLNESS IN THE WORKPLACE

**Presented by Paul D Akers, LCSW**

**Executive Director, Person Driven Counseling & Consulting**



This training will encompass several aspects of wellness including physical, emotional, and behavioral health and how they positively impact the employee personally and professionally. As part of introducing wellness to the group, we will also summarize the essential components of stress and anxiety in the workplace and subsequent strategies with which to manage them.

We will also offer strategies around communication, mindfulness, improving emotional and physical health and improving work relationships. Our goal is to provide this training in a collaborative and interactive manner.

**Wednesday January 25, 2023 - 12:00-1:00**  
**Dinosaur BBQ - Upstairs Meeting Room**  
**\$35 includes lunch**

Please register at our website  
<http://www.iesrochester.org/events>