



Statewide Speaker *Series*

Mental Wellness at Work: Practical Tools to Manage Stress and Prevent Burnout

Join Dr. Ashley Bryant for a transformative session on mental wellness in the workplace. You'll learn the PULSE Framework®, five essential practices to strengthen resilience, reduce stress, and recognize when colleagues may need support. By the end of the session, you'll have practical strategies you can immediately apply to protect your mental wellness and contribute to a healthier workplace.

REGISTER HERE

Note: When registering, select "Company Single Sign-On" to sign in to your MOVERS Learn account.



Dr. Ashley Bryant
*CEO and Lead Workplace
Wellness Trainer*



Tuesday, November 25
11 a.m. - Noon



This session will be
held via Webex.

For questions or a disability
accommodation request, contact
Gary.Stafford@oa.mo.gov.