



## 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.*