



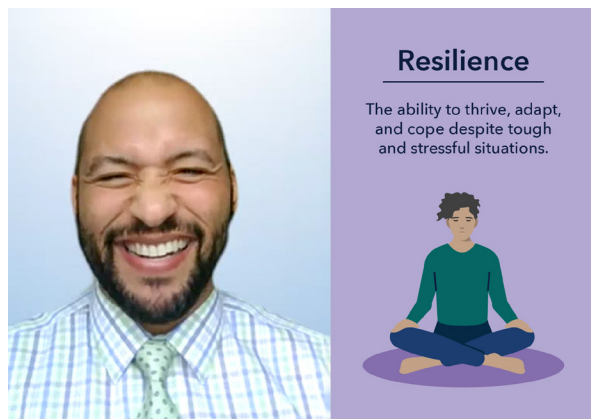
WIRE

Working In Resilient Environments



Mental Health and Resilience for Workforces

At Kaiser Permanente, we're committed to health in all the places people live, learn, work, and play. Employees in workplaces face daily challenges to their mental health and resilience, and developing the skills to manage these stressors can be overwhelming. Kaiser Permanente Educational Theatre utilizes theatre and an arts-based methodology to create opportunities for connection amongst colleagues and provide resources for fostering healthy and resilient workforces.



Working In Resilient Environments (WIRE) virtual pilot workshop uses experiential learning and arts-integration techniques to engage participants and provide them with tools to address stress and burnout and foster a resilient workforce. Expert facilitators utilize collaborative exercises, reflective practices, and creative expression to deepen understanding of the power of resilience and teach strategies that anyone can put into practice in their day-to-day job to improve employee experience and job satisfaction.

Key Concepts

- Identify wellness challenges
- Discover ways to bring joy into the workplace
- Practice resilience and empathy
- Develop supportive relationships with colleagues

What people are saying about WIRE

"This was truly the best workshop I have been to in ages. It made me happy, lifted me up, I learned something valuable by practicing and want to share with my team members. Thank you!"