



IOME[®]

quilt free self care

Mental Wellness in the Workplace

Psychoeducation Training Topics

Trainings are most often one hour long, can be done in person or virtual.

Price depends on location and length, starting at \$375 per hour.



Burnout Prevention

Learn the difference between stress and burnout with this presentation for your staff. IOME will lead you in a conversation about preventing burnout and tools on how to reverse signs of burnout.



Self Care is Preventative Care

Define the difference between self care and self indulgence. Use the IOME Self Care Worksheet to identify your warning signs and coping skills to have consistent self care.



Overcoming Loneliness

Understand the detrimental affect loneliness has on our physical health and mental health. Identify the three key dimensions of loneliness and tangible tools to increase connection with others.



Work/Life Harmony

Instead of striving for unrealistic work life balance expectations, learn about the importance of creating work life harmony instead. IOME will teach tangible skills to create a pleasing arrangement with your work life and personal life.



Enneagram in the Workplace

Learn how the enneagram can increase your overall satisfaction in your workplace. You'll learn the core motivations to better understanding yourself and your colleagues to create more congruence.

www.IOweMeNow.com/employers

Becky Lauridsen, LPC | Founder of IOME | becky@iowemenow.com | 970-658-5598