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QUILEUTE TRIBE WELCOMES ALL TRIBAL EMPLOYEES TO ATTEND

WELLNESS IN THE WORKPLACE

- Workplace Wellness
- Building Team and Trust
- Understanding Unhealthy Work Behaviors
- Healthy Communication
- Living in Balance and Self Care

JUNE 14, 2022

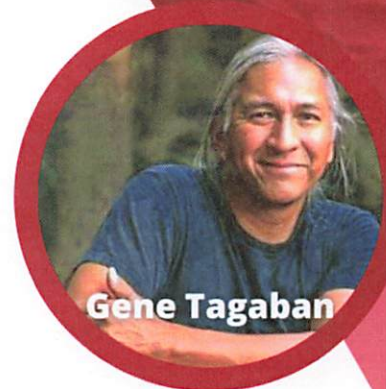
9:00 AM - 3:30 PM

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Lovina Louie



Gene Tagaban



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WELLNESS INSTITUTE



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QUILEUTE TRIBE WELCOMES ALL TRIBAL EMPLOYEES AND COMMUNITY MEMBERS TO ATTEND

MOVING THROUGH GRIEF & LOSS

- Stages of Grief
- Stress, Trauma, and Grief
- Pandemic Fatigue
- React vs Respond
- Healing
- Self-Care Planning
- Happy Chemicals

JUNE 15, 2022

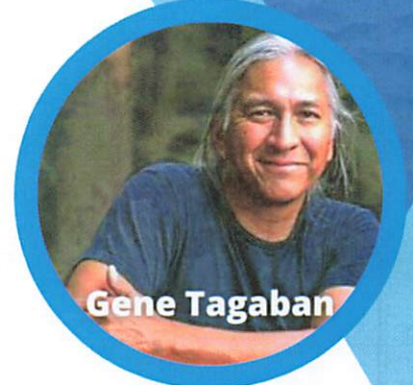
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BEING TRAUMA & HEALING INFORMED

- Historical Trauma and Wisdom
- Trauma and the Brain
- Trauma and Behavior
- Community Impact
- Moving Past Trauma
- Healing
- Integrating into the Community and Workplace
- Being Trauma and Healing Informed

JUNE 16, 2022

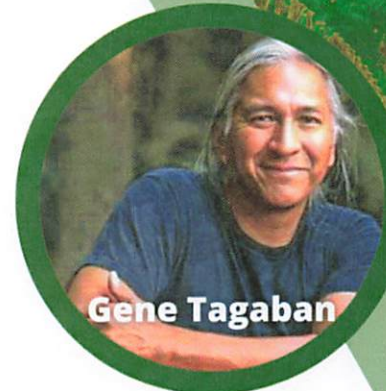
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