

WELLNESS 101:

A Signature Training Series



Hillsides
Center of Excellence

Practical Tools for Everyday Wellbeing



Wellness 101 is Hillsides' introductory training series from the Center of Excellence. It's designed to **build resilience, reduce stress, and strengthen connection** at work and beyond.

This engaging training experience introduces essential wellness concepts through **reflection, discussion, and hands-on practice**. Select any combination or all six of the main areas of focus led by certified Hillsides facilitators.

Choose Among Six Core Areas of Focus

✓ **Mindfulness and self-awareness**

✓ **Emotional intelligence**

✓ **Compassionate action**

✓ **Effective communication**

✓ **Stress management**

✓ **Meaningful self-care**

What Participants Gain

✓ **Shared language around wellness**

✓ **Practical strategies for everyday resilience**

✓ **Greater clarity, connection, and wellbeing**

Why Hillsides Center of Excellence

Hillsides Center of Excellence partners with organizations and communities to create healthier, more connected environments. Our work is trauma-informed, practical, and rooted in Hillsides' long-standing mission to help people heal and thrive.



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Participants leave with tools they can use immediately to support balance, wellbeing, and sustainable performance.

Let's Connect!

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