



Wellness Leadership Institute Workshops

- Emotional Dimension
 - Group Therapy
 - New World
 - Nutritional Impact on Mental Health
 - Stress Management
- Spiritual Dimension
 - Manifest Your Vision Through
 - Sacred sounds and good vibrations
 - Uncluttering Your Life
- Intellectual Dimension
 - Be Well SU
 - Decision Making
 - Learning Resources to Feed Creative Curiosities
 - Power, Identity and Relationships
 - The Biggest Loser
- Social Dimension
 - DeStress: Connecting During Coronavirus
 - Flirting: It's not Dead
 - GPS: Goals Progress Success
 - Let's Talk About Relationships and Situationships
 - Pizza and Sex
 - Sexy Bingo
- Physical Dimension
 - Alcohol Safety
 - Budget Friendly Meals
 - Intro to Recreation
 - Nutrition (Around the World, in a Digital World, Myth Busters)
 - Putting it Bluntly
 - Sports and Fitness Nutrition
 - Up in Smoke
- Occupational Dimension
 - Time management
 - Career Planning Strategies
- Financial Dimension
 - Game of Life and Credit Crash Course
 - How to Talk about Money
 - Paychecks and Pastabilities
 - Smart Money: Your life, Your Money
- Environmental Dimension
 - Anti-Hazing
 - Bystander Intervention 101
 - Narcan and Opioid Training