

Sponsored By

United Way  
Blackhawk Region



## Promoting Wellbeing, Self-Care & Resilience in the Workplace

Training will be facilitated by  
Mechele Pitt, BS, MSSW, LICSW, LCSW

*Promoting Wellbeing + Investment in Employees  
= Greater Productivity, Loyalty, Engagement,  
Retention and Satisfaction*

AND

*Greater Productivity, Loyalty, Engagement,  
Retention and Satisfaction = Better Services  
to Participants and Better Outcomes*

Date: **Friday, October 6, 2017**

Check-in at 8:00am with  
Continental Breakfast;  
Training from 8:30am-12:00pm

Location: **Rotary Botanical Gardens**

Registration Fee: **\$25 per person** -  
Includes Continental Breakfast and  
access to Rotary Botanical Gardens

Register at [www.rock-hitf.org](http://www.rock-hitf.org) or mail  
in the enclosed form with payment.

**If you have questions,  
email Jessica at [rock.hitf@gmail.com](mailto:rock.hitf@gmail.com)  
or call (608) 754-5333**

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## Promoting Wellbeing, Self-Care & Resilience in the Workplace

**Friday,  
October 6, 2017**

at  
**Rotary Botanical Gardens**



65 S. High Street,  
Janesville, WI 53548  
Telephone: (608) 754-5333  
E-mail: [rock.hitf@gmail.com](mailto:rock.hitf@gmail.com)  
[www.rock-hitf.org](http://www.rock-hitf.org)

Presented By



**MISSION STATEMENT:**  
*To work together to achieve  
stable, permanent housing for  
all residents of Rock County.*

# Promoting Wellbeing, Self-Care & Resilience in the Workplace Registration Form

## Participant Names

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Agency or Business Name

Address

Phone

Registration Fee—\$25 each  
Make Check Payable to: HITF

Send to:  
ECHO, Inc  
Attention: Jessica  
65 S. High St.  
Janesville, WI 53548

Registration Deadline: September 29, 2017  
Register Early to Guarantee a Seat

**ROCK COUNTY  
HOMELESS INTERVENTION TASK FORCE**

65 S. High St.  
Janesville, WI 53548  
Phone: 608-754-5333  
Fax: 608-754-9199  
E-mail: rock.hitf@gmail.com

## Mechele Pitt, BS, MSSW, LCSW, LICSW

Mechele is the Chief Operating Officer at Anu Family Services. Mechele is a Licensed Independent Clinical Social Worker in Minnesota and a Licensed Clinical Social Worker in Wisconsin. She has her Master's Degrees in Social Work from the University of Wisconsin-Madison, a Bachelor's degree in the area of Human Development and Family Living from the University of Wisconsin-Stout and a Permanency and Adoption Competency Certificate (PACC). Mechele is also currently enrolled in the University of Southern California's doctoral program in Organizational Change and Leadership.

Mechele has 24 years of experience working with children and families in the Child Welfare System and youth in a variety of out-of-home care settings. Mechele also has clinical experience doing in-home family therapy, as well as individual and group counseling with adolescents. Mechele was a Lead Therapist at Eau Claire Academy. Mechele provided in-home therapy for Children's Services Society and then went on to become the Children's Court Services Supervisor for Eau Claire County. In this role she provided oversight to the Northwest Regional Juvenile Detention Center, Group Care/Shelter Care Facility and the Juvenile Court Intake Office. Mechele was also a Social Worker Supervisor at Eau Claire County, specializing in youth services, prior to coming to Anu Family Services in 2006.

Mechele is a Gallup Certified Strengths Coach and has providing strength-based training and coaching since 2005. Mechele has presented nationally and internationally and has provided training and consultation for agencies in the areas of strength based supervision practices. Mechele has also provided training and consultation in the area of permanence driven supervision practices, understanding grief, loss and trauma for children living in out-of-home care, self-care, leadership fortitude, workplace wellbeing, ethics and boundaries, and trauma informed practices and many other topics.

## Brief Presentation Description:

This workshop will assist participants in understanding the benefits of self-care in the workplace to individuals, supervisors and supervisees alike. Participants will learn pro-active organizational strategies that support employees and promote health, well-being and resiliency.

## Learning Objectives:

- Participants will recognize the **impact of stress** and caregiver fatigue on the employee and the organization
- Participants will develop an understanding of the **organization's role** and the **individual's role** in promoting employee wellbeing and self-care
- Participants will develop **personal and organizational strategies** for promoting wellness within the organization
- Participants will **develop skills** that can be used as a supervisor, or supervisee

*Self-compassion is simply giving the same kindness to ourselves that we would give to others.*

**– Christopher Germer**