

Wellness Ideas: Occupational / Career Personal

- Learn to say no – pick two things you are currently doing at work you don't enjoy and devise a strategy to stop doing them
- Commit to taking all your vacation this year – plan today where you will go
- Find a mentor
- Be a mentor
- Attend professional development offerings
- Develop your Leadership skills – conflict resolution, negotiation, management, running meetings, affecting change
- Media training
- Time management / organizational skills