

I've Seen this Before: How to Recognize and Correct Unhealthy Workplace Patterns

Thursday, May 9, 2024



Webinar

via Webex

11:45 am – 12:00 pm Check-in
12:00pm – 1:00 pm Program

PROGRAM DESCRIPTION:

- ◆ Summarize the importance of establishing

Register on our website at:
www.scahec.net/learn/peedee/cpd

For assistance please call
(843) 777-5343 or
(843) 777-5352.

TARGET AUDIENCE:

Licensed Professional Counselors, Social Workers, and any Interested Healthcare Providers

FEE: \$10 Consortium Members

\$20 Non-Consortium

Deadline to register: 5/8/2024

INSTRUCTOR

Jackie Kohlhepp, SHRM-CP, LISW-AP, MSW

A North Carolina native and graduate of UNC -Chapel Hill (BA in Psychology) and UNC-Charlotte (Master of Social Work), Jackie is a Board member of the National Association of Social Workers South Carolina Chapter. She is also a certified Society for Human Resource Management Certified Professional and the President-Elect of the Palmetto Society of Human Resource Management. Jackie and her business partner have developed an innovative program for emerging workers, Rev Up SC, in partnership with the South Carolina Association of Colleges and Employers, designed to bridge the gap between college and career. The 2023 Rev Up SC Cohort was funded by the South Carolina Department of Commerce and various employer sponsors, including BMW Plant Spartanburg.

Description:

Do you tense up every time you get an email from a certain co-worker? Do you get nervous and maybe a little nauseous anytime you receive feedback from a supervisor? How do you respond? We fall into specific response patterns in the workplace, based on our previous experiences, habits, perspectives, and personalities. We get stuck in these patterns, preventing us from growing, and becoming better, happier versions of ourselves. Join us for a dynamic webinar in which we explore the workplace behaviors that no longer serve us, building boundaries and developing strategies we can use to improve our workplace functioning, job satisfaction, and overall well-being.

Objectives:

Upon completion of this program, the participant should be able to:

- ◆ Define healthy and unhealthy workplace behaviors.
- ◆ Recognize how behavior patterns form.
- ◆ Explore the impact that unhealthy and healthy workplace behavior patterns have on us personally and professionally.
- ◆ Discover tools and strategies to recognize our own healthy and unhealthy workplace behavior patterns.
- ◆ Take action- participants explore how to do something different the next time they become "stuck" in an unhealthy workplace behavior pattern loop

Credit:

Social Workers: Pee Dee AHEC, as part of the SC AHEC System, is an approved provider of CE for social workers. This social work program is approved for **1 social work credit hours**.

Counselors and Therapists: This program is approved for **1 hour of continuing education** by Pee Dee AHEC, a division of SC AHEC, under its accreditation by the South Carolina Board of Examiners for Licensed Professional Counselors, Marriage and Family Therapists, and Psycho-Educational Specialists.

This program is approved for 0.1 CEU's (1.0 clock hours) by Pee Dee AHEC and meets SC AHEC Best Practice Standards. Participants must attend 90% of the program in order to receive a certificate of attendance. No partial credit will be given.