



I've Seen This Before: How to Recognize and Correct Unhealthy Work Patterns

Wednesday, July 15, 2026
11:00 am - 12:00 pm
Webinar via Webex

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:

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

CREDIT

Counselors/Therapists: 1.0 hour

Social Workers: 1.0 social work credit hour.

Respiratory Therapist: 1.0 hour

Nursing: 1.0 hour

AHEC: 0.1 contact hour



Pee Dee AHEC

FEES

Consortium Member \$15

Non-consortium Member \$30

TARGET AUDIENCE

Counselors, Therapists, and Social Workers,
Respiratory Therapist, Registered Nurses

INSTRUCTOR

Jackie Kohlhepp, SHRM-SCP, LISW-AP
Founder & CEO, JTK Consulting, LLC, Co-
Founder and Co-CEO of The Rez Rev, LLC

CANCELLATION & REFUND

Cancellations must be made prior to each program's cancellation deadline date as listed on its program details page in order to be eligible for a refund. If you paid a registration fee for your in-person or webinar program and cancel via the registration system by the cancellation refund deadline, you are eligible for a full refund (minus any material fee, if applicable) Refunds are typically processed within 10- 15 business days after that.

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THE QR CODE



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