





# High-Level Wellness? It's not what you think!

National Wellness Institute's definition of high-level wellness is based on the root definition coined in the 1950s by Dr. Halbert L. Dunn, Chief of the U.S. Office of Vital Statistics: functioning optimally within your environment to learn and grow.

## Course Summary

There is a rising need for the critical ability to cultivate a culture of wellness in the workplace and work effectively with an increasingly diverse and globalized target population. We have the solution for you!

The National Wellness Institute is offering the High-Level Wellness Through Multicultural Competency certificate program, brought to you by HR.com.

Learning to be multiculturally competent and to cultivate a culture of wellness for all will provide the knowledge, awareness, and sensitivity that goes into effectively creating and implementing policies, climate, culture, and outcomes within organizations/communities.

This program will equip professionals with the tools needed to better communicate, engage, and connect with people in a healthy and positive way, regardless of their worldviews varying from their own.

## By taking this course, you will learn:

- »» What it means to be “multiculturally competent”
- »» To apply this knowledge successfully to the work environment
- »» The capability to expand who you serve and become more inclusive to everyone
- »» To create a positive and inclusive work environment
- »» To create better team interactions that lead to stronger decision making
- »» To improve creativity, engagement, and innovation
- »» To strengthen recruitment and lessen employee turnover by making the company more welcoming and inclusive to everyone
- »» To adopt a wide range of skills by expanding to diverse ideas
- »» To improve cultural insights and perspectives in a healthy and helpful way that is positive for the company

# Who needs this course?

Worksite Wellness Leaders, HR Leaders, Nonprofit and Community Leaders, Health and Wellness Educators, Coaches, Consultants, Medical Providers, and HR and Employee Benefits Managers.



# Transforming your culture is not an easy task!

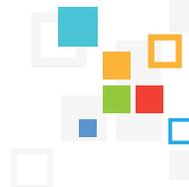
Being able to learn all of these skills can be applied to make the process easier. This program is designed to help teach you how to most effectively serve diverse wellness populations and create a more engaged customer base. In addition, the work place environment will become more united allowing creative and innovative ideas to flow between employees which results in better decision making.



**Enroll in High-Level Wellness Through Multicultural Competency**  
**- only \$1,200**

**Register Now**

What's Included?		
Self-paced course with bi-weekly discussion sessions with Subject Matter Expert	4 eLearning modules complete with knowledge check activities	5 Section Intro Videos
5 eAction Toolkits	6 Opportunities to Self-Assess and Apply Knowledge	Personalized reinforcement in an adaptive learning assessment
Feedback from Facilitator on submission of Learning Portfolio		
Credits You'll Earn		
6.5 HRCI General		6.5 SHRM PDC
6.5 CECs through the National Wellness Institute for ACSM, NBHWC, NCHCE, or NWI CWP		General Certificate of Completion



# Why National Wellness Institute and HR.com?

National Wellness Institute is the global voice for High-Level Wellness Through Multicultural Competency and has experienced subject matter experts and leaders in this field.



Their expertise and learning content is brought to you by HR.com. For over 20 years, HR.com has been committed to educating HR professionals and helping them maximize their potential. When it comes to HR, we connect them with everything they need and over 1.75 million HR pros agree! (How could that many people be wrong!) They rely on the HR.com community as the foremost, trusted resource for education, career development, networking, and compliance.



## Other popular courses

- Leading a Remote Teams
- Webcast Presentation Skills
- Leadership Training
- Corporate Coaching
- OKRs
- Employer Branding
- HR Management
- Crisis Response
- Multicultural Competency
- Project Management
- Communication
- Data Analytics
- Management
- Digital Marketing
- Leadership for Women
- Agile Project Management
- Career Building
- Creativity & Innovation
- Cybersecurity
- Entrepreneurship
- Emerging technologies
- Finance
- Nonprofit Management
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- Sustainable Management
- Harassment Training
- Learning Instructional Design
- Diversity and Inclusion
- Compliance
- Personal Development

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