



Be Well. Care Well.

Be Well Care Well promotes & supports the well-being of caregivers, so they are better equipped to handle the challenges of their daily work.



MAIN COMPONENTS

1

Well-Being Coach

Serves as a helper along the wellness journey, connecting staff to resources & supporting achievement of well-being goals

2

Well-Being Activities Guide

Based on the 8 Dimensions of Wellness, each site chooses activities to support their specific goals

3

Well-Being Committee

Volunteer staff work with the Well-Being Coach to choose well-being goals & create an action plan based on staff input

8 Dimensions of Wellness



Source: Eight Dimensions of Wellness defined by SAMSHA.gov, adapted from Swarbrick, M. (2006). A Wellness Approach. *Psychiatric Rehabilitation Journal*, 29(4), 3311-3314.



AT A GLANCE

Join us for this exciting opportunity to best serve you and the child care providers in our state!

PROGRAM EXPECTATIONS

- 1-year of support from a Well-Being Coach
- 1-hour all-staff Orientation
- Active leadership involvement

APPLICATION PROCESS

1. Complete application
2. 1-1 director & coach call
3. All-staff Orientation
4. Identify Well-Being Committee members

APPLY NOW!

Scan QR code or click [HERE](#) to apply



Learn more at www.bewellcarewell.com