Working Well

Certificate Series Information

Certificate Overview

The FSU Training & Organizational Development Office sponsors the Working Well Certificate. This series of courses provides a comprehensive overview of mental health awareness, stress management, and workplace interpersonal dynamics for FSU faculty and staff. The certificate is designed for employees seeking to foster a safer, healthier, and more collaborative campus environment.

Individuals who complete this certificate will be able to:

- Develop mental health awareness and apply strategies to support individuals who need help.
- Engage in meaningful dialogue that promotes help-seeking behavior.
- Use strategies to enhance personal well-being and workplace relationships.
- Identify ways to strengthen team dynamics and manage workplace conflict constructively.

Required Courses

Participants must complete a total of **4 courses** (1 required course and 3 elective courses).

1. Mental Health Awareness Training (Required; Must be completed within the past 12 months)

Course Number: **COKOG2 / Delivery:** Online | **Duration:** 60 minutes
This training course aims to enhance mental health awareness and provide suicide prevention strategies for faculty and staff at FSU. Participants will acquire skills to engage in meaningful dialogue that promotes help-seeking behavior and fosters a safer campus environment. Employees must have completed this training within the past 12 months to meet the certificate requirement. New employees who completed the training as part of HR's New Employee Orientation (NEO) may apply that completion toward the certificate series. Please indicate if you completed the training through NEO.

2. Elective Courses (Choose 3)

Participants may choose 3 elective courses that may apply toward the certificate series:

Personal Well-Being Electives

- **Mindfulness**
  Course Number: **PDMIND** / **Delivery:** In-person | **Duration:** 90 minutes
  This interactive workshop explores what mindfulness is, why it is important, and how to incorporate mindfulness into daily life to improve mental and emotional well-being.

- **Stressed Out**
  Course Number: **PDSO01** / **Delivery:** In-person | **Duration:** 90 minutes
  This workshop teaches effective ways to manage stress and improve overall health mentally, emotionally, and physically.

- **Burnout: Coping with Stress**
  Course Number: **PDBOCS** / **Delivery:** In-person | **Duration:** 90 minutes
  Participants learn what burnout is, how it manifests, and practical strategies for managing the physical and emotional discomfort associated with it.

Workplace Relationships Electives

- **Team Building**
  Course Number: **LSTD01** / **Delivery:** In-person | **Duration:** 2.5 hours
  Through a series of exercises and discussions, participants explore their individual interaction styles and coworkers' unique styles to play to the team's strengths and improve the workplace environment.

- **Conflict Communication Skills**
  Course Number: **PDCCS1** / **Delivery:** In-person | **Duration:** 2 hours
  Participants learn about different conflict styles, including their own, and practice constructive ways to manage and de-escalate workplace conflict.

Completion Steps

To receive credit for this series:

1. **Register** for and complete the required courses. Please contact **training@fsu.edu** for training course registration questions.
2. Submit the certificate **completion form** to Training & Organizational Development.