



HEALTH & WELLBEING IN THE WORKPLACE

PRESENTED BY
NIKKI KURDYS, SPHR, SHRM-SCP



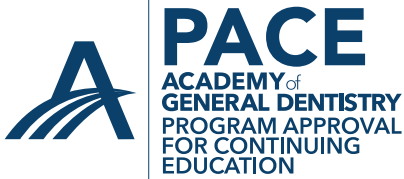
Nikki Kurdys holds a B.S. in Business Management and an M.S. in Human Resource Development. She has over a decade of experience in HR leadership, with expertise in employee engagement, organizational wellness, and leadership coaching. She is a certified Mediator, Clifton Strengths Coach, Wellness Champion, and Mental Health First Aid Instructor. Nikki leads strategic initiatives to build inclusive, resilient

teams and strengthen workplace culture across North Carolina.

This course, **Health & Wellbeing In The Workplace**, offers dental professionals a comprehensive overview of mental health challenges affecting teams and patients. Topics include burnout, depression, anxiety, trauma, eating disorders, substance use, self-injury, and suicide. Led by an HR expert in mental health awareness, the session emphasizes recognizing warning signs, reducing stigma, and connecting individuals to help. Participants gain practical strategies to foster workplace wellness, set boundaries, and build a culture of empathy and support.



**1.0
CES**
FEE: \$100
per DDS/RDH



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endorsement. 4/1/2023 to
3/31/2027. Provider ID# 387596

COURSE TITLE: Health & Wellbeing In The Workplace

COURSE DIRECTOR: David M H Lambert, DDS

PRESENTER(S): Nikki Kurdys, SPHR, SHRM-SCP

AUDIENCE: RDH, Dentists

CONTACT HOURS: 1.0 hours of AGD PACE accredited continuing education

MEDIUM: Recorded Program

COURSE OBJECTIVES

1. **Identify** common mental health challenges in the dental profession, including burnout, depression, anxiety, trauma-related disorders, eating disorders, substance use disorders, non-suicidal self-injury, and suicide.
2. **Recognize** the signs, symptoms, and risk factors associated with these mental health issues in oneself, colleagues, patients, and staff.
3. **Differentiate** between everyday stress or anxiety and diagnosable mental health conditions that require additional support or intervention.
4. **Explain** how workplace dynamics, leadership behavior, and systemic stressors contribute to employee burnout and overall wellbeing.
5. **Apply** strategies to reduce stigma, initiate supportive conversations, and connect individuals with appropriate mental health resources.
6. **Demonstrate** awareness of cultural and social factors that may influence access to and acceptance of mental health care.
7. **Integrate** practical self-care practices and workplace wellness strategies, such as mindfulness, gratitude exercises, and boundary-setting, into daily routines.
8. **Support** a team culture that promotes emotional safety, mental health awareness, and access to professional assistance when needed.



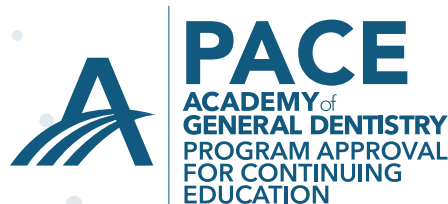
DATES & TIMES

Streamable ON DEMAND

WHAT YOU NEED TO PARTICIPATE

- A Windows or Mac PC, Apple or Android tablet or even smartphone
- Google Chrome, Mozilla Firefox, Apple Safari or MS Edge web browser
- Register for the program
- Pay your registration fee

Complete registration and pay the required fee to receive CE credit and certification for participation. Full refunds within 7 days for recorded programs; 48 hours for live webinar events.



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