



This two-episode bonus podcast set covers the two new Train the Trainer certificate courses presented by Dr. Bennett, offered in collaboration between the National Wellness Institute and Organizational Wellness and Learning Systems:

## **“Resilience & Thriving: The Secret Power of Stress” and “Empowered Health Consciousness & Prescription Drugs: The Wellness Alternative”**

Episode 22 is Part 1 of our two-part interview with Dr. Bennett. In this episode, he discusses what “Train the Trainer” certificate courses are and who will most benefit by taking them. He also discussed the “Resilience & Thriving: The Secret Power of Stress” course from this new series.

All individuals in search of personal coping and resilience building, education, and practice can benefit from receiving the “Resilience & Thriving: The Secret Power of Stress” training. The Train-the-Trainer certificate course, however, is recommended for professionals who wish to offer the training to, and use the resources with, their students, employees, or clients.

Episode 23 is Part 2 of our two-part interview with Dr. Bennett. In this episode, he continues to discuss the “Resilience & Thriving: The Secret Power of Stress” course from this new series. He also discusses the second course in this new series, “Empowered Health Consciousness & Prescription Drugs: The Wellness Alternative”.

The National Wellness Institute's new 5-credit certificate course—based on an evidence-informed program developed by Organizational Wellness & Learning Systems (OWLS), with funding from the U.S. Department of Health (Substance Abuse and Mental Health Services Agency, SAMHSA)—provides information and tools to bring health consciousness and prescription drug misuse awareness to the workplace and beyond.

This course provides information about the risks associated with prescription drug misuse, emphasizes the harmful effects of misuse, discusses the problems associated with misuse in the workplace, and provides health-conscious alternatives for prescription drug use.

## EPISODES #22 & 23

### About Dr. Joel Bennett

Joel Bennett, PhD, is President of Organizational Wellness & Learning Systems (OWLS), a consulting firm that specializes in evidence-based wellness and e-learning technologies to promote organizational health and employee well-being. Dr. Bennett first delivered stress management programming in 1985 and OWLS programs have since reached close to 100,000 workers across the United States and abroad. He is primary developer of "Team Awareness" and "Team Resilience," evidence-based, culture of health programs recognized by the U.S. Dept. of Health and the Surgeon General as effective in reducing employee behavioral risks. Dr. Bennett has authored over 20 peer-reviewed scientific articles as well as five books, including Raw Coping Power, Well-Being Champions, Time & Intimacy, Heart-Centered Leadership, and Preventing Workplace Substance Abuse.

[Organizational Wellness & Learning Systems \(OWLS\)](#)  
[email OWLS](#)

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[Train the Trainer Certificate Course: Resilience & Thriving: The Secret Power of Stress](#)

[Raw Coping Power Book](#)

#### **NWI Tools:**

[Wholeness Reflection Exercise](#)

[Dimensions of Life Tool](#)

[Wellness Focus Survey for Coaching Tool](#)

[Download our \*\*informational flyer\*\* on the course "Resilience & Thriving: The Secret Power of Stress"](#)

[Download our \*\*informational flyer\*\* on the course "Empowered Health Consciousness & Prescription Drugs: The Wellness Alternative"](#)