



## HELP EMPLOYEES THRIVE WITH A WORKPLACE WELLNESS CERTIFICATE



## HRCI PRO: WORKPLACE WELLNESS CERTIFICATE

### WHY EARN THE HRCI PRO: WORKPLACE WELLNESS CERTIFICATE?

The HRCI Pro certificate series explores advanced HR and business concepts, and is designed to give HR professionals skills and expertise in some of the most important topics and areas of knowledge in the profession.

### WHAT WILL I LEARN?

**Completing the HRCI Pro: Workplace Wellness certificate prepares you to:**

- Describe programs, benefits, and work arrangements that support employee wellness
- Outline the legal and ethical aspects of workplace wellness initiatives
- Explore techniques for assessing employee wellness and describe some red flags that indicate burnout, stress, or toxic work culture
- Describe the relationship between effective change management and employee wellness
- Explain the duty of care and the relationship between employee wellness and organizational performance
- Give examples of ways that workplaces can support each dimension of wellness
- Define the eight dimensions of wellness
- Describe lifestyle habits that support each dimension of wellness
- List some of the internal and external factors that can affect employee wellness
- Describe ways to communicate policies and raise awareness about wellness in the workplace
- Provide techniques for supporting workers who have experienced stress, burnout, or trauma
- Explain how to apply a model to develop wellness programs

**For more information and a complete list of courses, visit:**

## CAREER PATHS

The U.S. Bureau of Labor Statistics (BLS) expects that overall employment of human resource managers and associated roles is projected to grow 8% from 2022 to 2032, faster than the average for all occupations. About 86,000 openings for human resource positions are projected each year, on average, over the decade.

Common career paths or growth opportunities in wellness and human resources include:

### HR Business Partner

Act as a strategic advisor on wellness initiatives, helping align employee well-being with business goals.

### Employee Experience Manager

Design and implement programs that enhance the overall employee journey, including wellness, engagement, and satisfaction.

### Wellness Program Manager

Lead company-wide wellness initiatives—from fitness challenges to mental health programs—to promote a healthy work culture.

### HR Manager

Integrate wellness into HR policies and practices, manage benefits that support well-being, and foster a culture of care.

### Organizational Development Specialist

Use wellness strategies to improve performance, reduce burnout, and support sustainable organizational growth.

**The HRCI Pro: Workplace Wellness Certificate is available 100% online.**

The courses included in the certificate carry:

**HRCI Credits | IACET CEUs | ATD CI Credits | SHRM PDCs**

**For more information and a complete list of courses, visit:**