UNIVERSITY OF MONTANA
PUBLIC HEALTH TRAINING CENTER
SCHOOL OF PUBLIC AND COMMUNITY HEALTH SCIENCES

Wellness Program

Future of Workplace Wellbeing

A six part series

Session 1: X Marks the Spot: Defining Workplace Wellbeing
July 16, 2026

Session 2: Mapping the Terrain: Understanding How Wellbeing Transformation Happens
July 30, 2026

Session 3: Identifying the Roadblocks: Building Awareness of the Internal and External Barriers
August 6, 2026

Session 4: Creating the Itinerary: Developing the Skills for Wellbeing
August 20, 2026

Session 5: Start the Journey: Removing the Internal and External Barriers
September 3, 2026

Session 6: Sustaining the Journey: Strengthening Wellbeing Through Connection
September 17, 2026

Shari Morin-Degel, LCPC

Shari Morin-Degel is the Wellness Program Director in the Montana Public Health Training Center. She is a Licensed Professional Counselor and former nonprofit executive with over 20 years of experience in mental health leadership. Shari created My Work BALANCE, a workplace wellbeing program that combines training, mentorship, data, and digital tools to support sustainable cultural transformation. Her trauma-informed, CBT-based approach equips both individuals and organizations to reduce stress and build high-performing, fulfilling work environments. Shari specializes in supporting professionals and leaders in health and human service fields. Her work is rooted in the belief that burnout is neither a personal or organizational failure, it's an opportunity for growth for individuals and systems.

All Sessions are
11 am - 12 pm

*There is **no cost** for participation and will be hosted on Zoom.*