

# joy in WORK

## FOUNDATIONS COURSE

**WHEN:** Tuesday,  
September 24,  
8am-4pm

**WHERE:** The Cleone Peterson Eccles  
Alumni House  
 [Directions](#)

Open to all U of U Health employees and teams. Discover practical tools for positive change, connect to what matters in your work, and become a force for joy, purpose, and flourishing in the workplace.

### Event Overview:

Join the Joy in Work Foundations Course, presented by the Resiliency Center at the Osher Center for Integrative Health, University of Utah Health. This day-long retreat and training is based on the IHI's "Framework for Improving Joy in Work".

### What to Expect:

- Tailored breakout sessions for individuals, team leaders/managers, and senior leaders.
- Learn about the Nine Components of Joy in Work.
- Participate in interactive sessions to discover "What Matters to You?" and apply positive change management within your role and team.
- Gain practical tools and strategies to improve resilience, well-being, and fulfillment in the workplace.
- Access resources for ongoing support.
- Invitation to the Resiliency Center's "Joy in Work Improvement Projects" and the 2025 Evidence-based Practice and Well-being Poster Fair.



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Questions? Email [jenniferellen.mueller@utah.edu](mailto:jenniferellen.mueller@utah.edu)