

Occupational Wellness is the ability to get personal fulfillment from our jobs or our chosen career fields while still maintaining balance in our lives. Our desire to contribute in our careers to make a positive impact on the organizations we work in and to society as a whole leads to Occupational Wellness.

- I enjoy going to work most days
- I have a manageable workload at work
- I feel that I can talk to my boss and co-workers with problems with workload arise



Programs in this Dimension

	<i>LEAD</i>	Workshops (Navigating Fresno State, Customer Service)
	<i>REAL</i>	Workshops, Collaborative Projects, Collaborative Networking
	<i>STAR</i>	Workshops, Recognition Ceremony, Information Exchange
	<i>EAW</i>	Career Path Counseling
	<i>DOSA</i>	Professional Development Conference