



Colorado Child Welfare Scholars Consortium

WORKFORCE WELL-BEING SERIES: BUILDING A THRIVING WORKFORCE

What You'll Learn:

- Understand the Five Essentials for workplace well-being
- Explore strategies for mattering, connection, growth, safety, and harmony
- Gain practical tools to foster resilience and engagement in your work

Sign-Up Deadline:
May 14th, 2026

Click Here to sign up:

https://udenver.qualtrics.com/jfe/form/SV_80uGH09DleKGMya

Dates & Times:

- Module 1: Introduction to the Framework
 - May 28, 2026, | 3:00–4:00 PM MNT
- Module 2: Mattering at Work
 - June 3, 2026, | 11:00–12:00 PM MNT
- Module 3: Community & Connection + Opportunity for Growth
 - June 16, 2026, | 11:00–12:00 PM MNT
- Module 4: Protection from Harm
 - June 30, 2026, | 11:00–12:00 PM MNT
- Module 5: Work-Life Harmony
 - July 9, 2026, | 10:00–11:00 AM MNT



**Brenda Lockwood, MA,
CNTC, PCC**

Brenda is dedicated to sharing practical strategies to build workplaces where people truly thrive. With over 25 years of experience and a deep commitment to mental health and resilience, Brenda uses the U.S. Surgeon General's Framework to help teams foster mattering, connection, growth, safety, and harmony. Through coaching and innovated learning experiences, she empowers child welfare professionals to create cultures that prioritize well-being and lasting impact



**Sommer Purdom, MSW, TPC,
TICC**

Sommer brings trauma-informed ways of being to leadership and workforce development, helping teams navigate change with resilience and purpose. With over two decades in child welfare, she designs learning experiences and coaching that strengthen connection, equity, and well-being across organizations, Sommer's approach empowers professionals to create inclusive, thriving environments where people feel valued and supported