

Workplace Health and Performance Workshops and Training

BUILDING HEALTHY, HIGH PERFORMING WORK CULTURES



Phone: 780-945-6134

Email: info@wellnessworkscanada.ca

Scotia Place, 10060 Jasper Ave
Suite 2020 Tower 1
Edmonton, AB T5J 3R8



Wellness Works Canada Workshops and Training

Stress, occupational burnout, conflict and poor health are real issues wreaking havoc on individual and organization productivity and performance. Luckily, workshops and training can give managers, supervisors and employees the strategies, resilience and skills needed to manage multiple priorities, be innovative, be positive role models, and, be healthy and productive. Training is available for teams, employees and/or managers. The following reviews the topics and learning outcomes. Customization is available.

WORKSHOPS FOR EMPLOYEES

Resilience Training

- Define and understand stress on a continuum
- Define and understand resilience
- Be able to recognize early signs and symptoms of distress in self and others
- Have a personal action plan filled with tools and techniques to use at work and home to improve well-being and productivity

Improving Productivity Through Well-being

- Learn about the connection between psychological health, well-being and productivity
- Have tips and tools to improve productivity by working smarter not harder
- Have strategies to improve mental and psychological health
- Have tips to improve physical well-being
- Have a personal plan to be healthy and productive at work and beyond

WORKSHOPS FOR LEADERS AND TEAMS

Cultivating Well-being and Performance Through Resilience

- Have a shared understanding of stress on a continuum
- Have a shared understanding of resilience
- Be able to recognize early signs and symptoms of distress in self and others
- Be able to support each other in times of distress (empower both employees and managers to support each other, have tough conversations, provide referral when needed, and support work accommodations and return to work when needed)
- Develop a shared authentic higher purpose to support engagement and motivation
- Have usable tools and techniques to foster a healthy, resilient, high performing teams



Building a Culture of Health & Performance (two-hour session for leaders)

- Understand the connection between physical and psychological well-being, quality of service, and firm outcomes
- Understand how to build a culture of physical and psychological safety, health and performance in alignment with the psychological health and safety standard
- Have practical tips to boost resilience and exercise self care for yourself personally and for all employees
- Be connected to further resources and training

Practical Ways to Put the H Back into OHS (for OHS representatives or informal wellness ambassadors)

- Learn about the connection between psychological health, well-being and productivity
- Understand how to create a culture of safety, health and performance in alignment with the Psychological Health and Safety Standard using existing occupational health and safety systems
- Take away practical tips to boost your individual and team well-being

Pricing

Try one session as a pilot to determine fit, book for departments higher in need, or create a systems approach for your whole organization.

	Session length	One session	Five or more
Train employees (up to 25 per session)	1 or 1.5 hours	\$400	\$300 each
Train leaders, managers, supervisors (up to 25 per session)	1 or 1.5 hours	\$400	\$300 each
Train teams (up to 40)	2 hours	\$600	\$500 each

Customization

Do you have a specific topic you need addressed? We are happy to offer tailored workshop experiences.

Contact us

Phone: 780-945-6134

Email: info@wellnessworkscanada.ca