

Workplace Health and Performance Workshops and Training

BUILDING HEALTHY, HIGH PERFORMING WORK CULTURES



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Wellness Works Canada Workshops and Training

Stress, physical isolation, occupational burnout and poor health are real issues wreaking havoc on individual and organizational 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 while working during these unprecedented times. Training is available for teams, employees and/or managers. The following reviews the topics and learning outcomes. Customization is available.

WORKSHOPS FOR EMPLOYEES

Online Interactive Resilience Training (1.5 hrs)

Learning outcomes include:

- 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 Online Workshop (1.5 hrs)

Learning outcomes include:

- Learn about the connection between psychological health, well-being and productivity
- Have tips and tools to improve productivity to work 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 Workshop (1.5 hrs)

Great for leaders and teams. Learning outcomes include:

- 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 Remote Culture of Health & Performance

Two-hour session for leaders. Learning outcomes include:

- 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
- Network and learn from colleagues in a safe, online environment
- Have practical tips to boost resilience and exercise self care for yourself personally and for your team during difficult times
- Be connected to further resources

Practical Ways to Put the H Back into OHS Workshop

Best for OHS representatives or wellness ambassadors. Learning outcomes include:

- Learn about the connection between psychological health, well-being and productivity
- Learn simple ways to ensure employees are supported to work remotely through proper ergonomics
- 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
Employee Training and Workshops (up to 20 per session)	1.5 hours	\$450	\$325 each
Train leaders, managers, supervisors (up to 20 per session)	1.5 hours	\$450	\$325 each
Train teams (up to 25 per session)	2 hours	\$475	\$325 each

Customization

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

Contact us

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