

**EXECUTIVE IMMERSION SERIES
WITH MINDSET MENTAL HEALTH STRATEGY INC.**



DESCRIPTION

Fostering psychological health and safety in the workplace is good for employees and for business alike. While everyone has a role to play to create a safe and healthy environment, senior leaders set the tone from the top and have the greatest influence on an organization. At the same time, C-suite leaders face unique stressors and high risk of burnout. In this three-part learning experience designed for senior leaders, participants will learn about the best practices for supporting mental health in the workplace, both for their employees and themselves.

SESSION #1: WORKPLACE MENTAL HEALTH BEST PRACTICES

An overview of current and emerging best practices that support mental health within an organization.

SESSION #2: PSYCHOSOCIAL RISK FACTORS

Understand how the workplace can positively or negatively affect employee mental health, and the range of workplace factors that should be examined in a continuous improvement cycle.

SESSION #3: RESILIENCE FOR SENIOR LEADERS

Redefining resilience for executives, with a focus on how to manage change and complexity, as well as concrete strategies to support mental health for high performers.

DELIVERY

Each of the 60-minute sessions can be delivered either in-person or virtually.

MEET OUR FACILITATORS

Jordan Friesen
PRESIDENT, O.T. REG. (MB)

A skilled educator, Jordan can distill complex ideas into actionable insights for a wide range of audiences, from executives to students. He is known for his pragmatic approach, ability to coach and influence leaders, and drive to help companies meaningfully move the needle on mental health in their workplace. Grounded in his own lived experience of illness and recovery, he takes a person-centred approach to making workplaces healthier and, ultimately, more human again.



Anna McGregor
ASSOCIATE CONSULTANT, O.T. REG. (MB)

A life-long learner herself, Anna enjoys delivering intricate information using clear and accessible messaging and is passionate about being a knowledgeable support to others as they seek learning, growth, or change. Her clients would say that she is warm and open and ensures they feel welcome and heard throughout their engagement.



Contact us for more info!

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