

WELL-BEING SESSIONS FOR ALL STAFF

While decision-makers and people-leaders have the greatest influence in creating psychological health and safety at work, all employees can benefit from an increased understanding of mental health, and how to support themselves or others when facing unique challenges.



We offer a variety of educational sessions for employees across all aspects of an organization – from front-line staff to administrators to managers and senior leaders – to supplement other activities focused on workplace mental health.

Check out our list of offerings to find the right option for you and your workplace.



Contact us for more info!

info@mindsetstrategy.ca | www.mindsetstrategy.ca

Mental Health Essentials – It’s important for all employees to understand what mental health is, why mental health matters at work, and how to support themselves and others. In this session, we’ll cover foundational concepts like the mental health continuum, how to support someone who is struggling, and practical strategies to care for one’s own mental health.

Flipping the Script on Stress – All of us experience stress in some form or another in our daily lives. While some stress is good, too much can push us outside of our healthy zone, and we all respond to stress differently. This session will help employees understand our stress responses in our work and lives, the difference between good and bad stress, and practical strategies to help us recalibrate when our stress levels are running high.

Beating the Blues – Our mood is a key part of our overall mental health. It influences the way we think, feel, and act. Many of us experience ups and downs in our mood over time, but for some these ups and downs can become a rollercoaster. This 60-minute session will give you practical strategies to manage your mood by examining different ways to adjust your thinking or habits. It will also provide information on warning signs that indicate your mood could use some additional help along with ways to keep track of and notice trends in your mood over time.

A Fire without a Spark: Tips for Tackling Burnout – Work has changed, and so have we. After years of uncertainty, change, and forced adaptation, employees and leaders everywhere are tired. But when does stress and fatigue become something more? In this 60-minute session we’ll explore common signs of burnout so you can understand when you might be reaching your limit. We’ll also discuss practical strategies to recover from burnout and prevent it in the future.

Rethinking Uncertainty: Unpacking Anxiety – We all experience uncertainty at different times in our lives – usually when we’re faced with a sudden or unexpected change. Be it changes to our health, relationships, or work environment, uncertainty can lead to feelings of anxiety and can impact our performance or wellbeing. This workshop focuses on practical strategies to cope and keep moving forward in times of change or uncertainty.

***Intro to Psychological Safety** – Creating high-performing teams that can innovate and deliver is critical in any workplace. Decades of research have shown that psychological safety is a key ingredient to creating the conditions that allow teams to do their best work together. This session will introduce key concepts, describe how to measure psychological safety, and discuss strategies all staff can use to create psychological safety in their team.

***Plan for Resilience** – Resilience is our ability to bounce back and ideally grow from stressful experiences. This workshop, developed by Workplace Strategies for Mental Health, helps participants identify potential stressors and how they typically respond to them. From there, they will identify proactive strategies to manage stress and create a plan to support their resilience.

Delivery:

Each session is 60-minutes in length and can be delivered in-person or virtually.

*These sessions can be tailored in length from 1-hour to a 3-hour session that includes additional interactive and reflection activities.

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.



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