

## Training Opportunity: HWHP Certificate “Be a Wellness Leader”

*“Impetus for a healthy organization can come from the bottom, middle and top of the organization... Any employee should feel motivated and enabled to make the organization healthier.” –Graham Lowe, Creating Healthy Organizations*

### Dates and Locations

- Wednesday, October 12, 8:30 am to 4:00 pm  
Edmonton, Enterprise Square, Room 2-970, 25 participants, \$25 each
- Wednesday, October 26, 8:30 am - 4:00 pm  
Calgary, Mahmawi-Atoskiwin Training room, 25 participants, \$25 each
- Monday, November 14, 9:00 am - 4:00 pm  
Red Deer, Location CATZ Training room #110, 4828-53 Street, 25 participants, \$25 each



### Rationale

This workshop is designed to support wellness initiatives at the individual level. The emphasis is on awareness of options, engagement of employees, and the leadership/mentoring role that employees can take to encourage a healthier, stress-free workplace. This workshop can be used as a component of an agency-wide assessment, planning and policy development effort aimed at building a sustainable wellness culture. The workshop encourages reflective activities to reinforce learning and support long-term achievement. Each workshop module ends with planning activities for applying the workshop concepts.

#### Presenters

**Tom Barker**, PhD, University of Alberta,  
Project Lead, Healthy Workplaces for  
Helping Professions  
**Cathy Mitchel**, BSW, RSW, Special  
Consultant, ALIGN

#### Approach

We take a modified “train the trainer” approach. Participants learn how to take the message to other employees as a way of encouraging overall organizational wellness and culture.

### Workshop Modules

1. Basics of Health, Wellness, and Stress
  - Hazards and risks, trends
  - Strengths of the sector
  - The Helping Cycle
  - Your wellness and your performance
  - Basics of leadership: micro-level leadership
  - Resources
  - Planning for Leadership Action
2. Self-Care for Helping Professionals
  - The self-care process: assessing, goal setting and planning
  - Designing a personal health and wellness plan
  - Overall strategies: yoga, meditation, diet, exercise, journaling
  - Balancing work and life
  - Planning for Leadership Action
3. Building Healthy Work Relationships
  - Supervisors
  - Co-workers, mentorships
4. Making the Most of Wellness Resources
  - Family and friends
  - Other professionals
  - Planning for Leadership Action
  - Agency resources: sick leaves, absence, health benefits, vacation, modify work
  - Benefit provider resources
  - Educational resources
  - Professional resources (training, conferences, workshops)
  - Planning for Leadership Action
5. Communication for Health and Wellness
  - Storytelling and writing: shaping wellness messages
  - Discussing tough wellness issues
  - Communicating with supervisors
  - Using social media
  - Planning for Leadership Action

Visit [WWW.HWHP.CA](http://WWW.HWHP.CA) for more information about the Healthy Workplaces Project.

*This training may be approved for 10 hours of ACSW Continuing Competency credit (Category A)*