

Healthy Workplaces Conference

Edmonton October 13, 2017

<http://hwhp.ca/conference-2017.html>



Healthy Workplaces Conference Program

Location: Lister Centre University of Alberta, Edmonton, AB, T6G 2H6, 8:30 to 4:30
(780) 492-6057

Primary Contact: Tom Barker, ttbarker@ualberta.ca, (780) 700-6555 (cell)

<p>7:30 - 8:30 Maple Leaf 2-050</p> <p>8:30 - 9:00 Maple Leaf 2-050</p>	<p>Conference Registration</p> <p>Welcome and Territorial Acknowledgement: Cathy Mitchell, ALIGN</p> <p>Welcome: Katy Campbell, Dean, Faculty of Extension</p> <p>Introduction: Thomas Barker, U of A, HWHP Project Lead</p> <p>Keynote Speaker Introduction: Jon Lai, University of Alberta</p>
<p>9:00 - 10:00 Maple Leaf 2-050</p>	<p>Keynote Speaker: Graham Lowe, The Graham Lowe Group</p> <p><i>Designing Work to Achieve Well-Being and Service Improvements</i></p> <p>Drawing on the latest evidence about workplace wellness and organizational performance, Graham will provide practical insights that will help you to be an effective wellness leader. His talk will address 3 questions: 1) What are the ingredients of a successful workplace wellness strategy?; 2) How can you link a healthy and safe work environment to your organization's strategic goals? 3) As a wellness leader, how can you guide your organization down the path to being truly healthy?</p>

<p>10:00- 10:30 am Wild Rose 2-003</p>	<p>Break + Networking: Visit our 14 Resource Tables to chat and begin your day's networking. Video: <i>Our Wellness Pathways Project</i></p>
<p>10:30 - 12:00 Maple Leaf 2-050 Wild Rose 2-003</p>	<p>Wellness Capacity-Building Resources for Leaders</p> <p>Intervention: <i>Wellness Pathway Program</i></p> <p>Representatives from our Research Partnership Project will discuss their work and wellness progress in their agencies.</p> <p>Tom Barker, Central Alberta Women's and Emergency Shelter, Red Deer</p> <p>Jon Lai, Ronald McDonald House, Calgary and Red Deer</p> <p>Craig O'Connor, Hugo Gomez, and Stephanie Kowal, Heritage Family Services, Red Deer</p>
<p>12:00 - 12:45 Maple Leaf 2-050</p> <p>12:45 - 1:00 Wild Rose 2-003</p>	<p>Lunch Thank you to the U of A MACT program for support for our lunch.</p> <p>Networking Participants are encouraged to visit the resource tables.</p>
<p>1:00 -2:00 (60 minutes) Maple Leaf 2-050</p>	<p>Wellness Capacity-Building Resources for Staff and Supervisors</p> <p>Interventions:</p> <p>Be a Wellness Leader Program, Cathy Mitchell and Tom Barker</p> <p>Wisdom From Our Workshops: Staff Wellness as a Learning Activity</p> <p>In the <i>Be a Wellness Leader</i> program we explored the 5 important points about wellness with staff from over 60 agencies in the province. Working with them we collected a host of homegrown wellness initiative ideas. This discussion talks about how we interacted with family services agency staff and offers practical advice on how to encourage wellness learning in your staff</p> <p>SMART Mentorship - An intervention for organizational and employee wellness, Stephanie Kowal, HWHP and U of A and Craig O'Connor and Colton Craner, Heritage Family Services</p> <p>Mentorship not only builds individual capacity to manage job-related stress, it can act as a knowledge capture system that allows management to learn from the experiential knowledge held by agency employees. Such knowledge includes time management, coping, self-protection, and self-care techniques acquired by employees through experience rather than formal</p>

	training. This presentation will discuss how to build mentorship programs in ways that capture this knowledge.
2:00-2:15 pm (15 minutes) Wild Rose, 2-003	Break + Networking Video: <i>Wellness Leadership</i> This video will showcase our learning about wellness leadership and how the University of Alberta is responding to the need for wellness leadership instruction with a new OH & S series: <i>Wellness Leadership</i>
2:15 - 2:45 pm Maple Leaf, 2-050	Special Presentation: "Building Healthy Workplaces" Linda Crawford, Wellness Consultant, Alberta Blue Cross Aaron Robinson, Wellness Specialist, Alberta Blue Cross
2:45 - 3:45 pm Maple Leaf, 2-050	Action Plan Workshop: Participants brainstorm, develop action ideas, present action plans This segment of our program is dedicated to you and your ideas for encouraging implementation of the framework.
3:45 - 4:00	Closing Remarks

Sponsoring Organizations

Visit these organizations' Resource Tables in the Wild Rose room, 2-003, during the day and at designated networking times.

Wecan Cooperative
 St. John Ambulance
 Senses Mindfulness Coaching
 Health & Safety Conference Society of Alberta
 Child And Youth Care Association of Alberta
 Wellness on Wheels (WOW) Rural Alberta
 Alberta Blue Cross
 Canadian Red Cross
 West Edmonton Family Chiropractic Studio
 Prescription to Get Active
 Faculty of Extension OH & S
 Alberta Association of Sexual Assault Services
 U of A School of Business