

# Healthy Workplaces Conference

Edmonton October 13, 2017

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



## Preliminary 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](mailto:ttbarker@ualberta.ca), (780) 700-6555 (cell)

8:30 am  
Maple Leaf 2-050

**Welcome:** Agenda: Cathy Michel, ALIGN,  
**Introduction:** Thomas Barker, U of A, HWHP Project  
Lead

9:00 - 9:50 am  
Maple Leaf 2-050

**Keynote Speaker:** Graham Lowe, The Graham Lowe  
Group

### *Designing Work to Achieve Well-Being and Service Improvements*

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?

9:50 - 10:10 am  
Wild Rose 2-003

**Break + Networking:** Visit our 14 Resource Tables to chat and begin your day's networking.  
*Video: Our Wellness Pathways Project*

10:20 - 11:55 am  
Maple Leaf 2-050  
Wild Rose 2-003

### **Wellness Capacity-Building Resources for Leaders**

Intervention: *Wellness Pathway Program*  
Representatives from our Research Partnership Project will discuss their work and wellness progress in their agencies.

Lynsey Race and Tom Barker, Central Alberta Women's and Emergency Shelter, Red Deer

Jennifer Brandt and Jon Lai, Ronald McDonald House, Calgary and Red Deer

Kim Berube and Stephanie Kowal, Heritage Family Services, Red Deer

12:00 - 12:50 pm  
Maple Leaf 2-050  
Wild Rose 2-003

### **Lunch and Networking**

1:00 -2:00  
Maple Leaf 2-050

### **Wellness Capacity-Building Resources for Staff and Supervisors**

Interventions:

Be a Wellness Leader Program, Cathy Mitchell and Tom Barker

Wisdom From Our Workshops: Staff Wellness as a Learning Activity

In the Be a Wellness Leader 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 home-grown 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

SMART Mentorship - An intervention for organizational and employee wellness, Stephanie Kowal, HWHP and U of A and Kim Berube, Heritage Family Services

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 training. This presentation will discuss how to build mentorship programs in ways that capture this knowledge--allowing for all the individual benefits that come from mentorship while

also creating a knowledge base to build company policies, training sessions, and workplace protocols that reduce day-to-day workplace stress.

2:05-2:20 pm  
Wild Rose, 2-003

### **Break + Networking**

Video: *Wellness Leadership*

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: *Wellness Leadership*

2:30 - 3:00 pm  
Wild Rose, 2-003

### **Special Presentation:** *How Alberta Blue Cross Supports Wellness Through Internal and External Programs and Sound Analytics*

Linda Crawford, Wellness Consultant, Alberta Blue Cross  
Aaron Robinson, Wellness Specialist, Alberta Blue Cross

3:05 3:55 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 the ideas you have come up with about wellness initiatives.

4:00 to 4:30 pm

### **Closing Remarks**

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## **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  
Healty 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  
UofA School of Business