



Healthy Workplaces for Helping Professions
www.hwHP.ca



HWHP Winter Workshop Series

"Be a Wellness Leader"

Are you doing all you can to deal with stress in your workplace? This low-cost workshop can equip you with the latest knowledge and tools to be more competent and professional, improve your client service, fight burnout, lower stress levels, and connect in a healthy way with clients and colleagues. The workshop will share our research results on what works to combat stress gathered from helping professionals in Alberta. The workshop will share proven tools to combat stress, including: staff-meeting support checklists, staff-room flyers and posters, tips for combating stress, and training in storywriting and journaling.

Workshop outline

- Fundamentals of wellness and stress
- Knowing stressors in your sector
- Supporting wellness in staff meetings
- Story-writing and journaling to reduce stress
- Using available resources

"I am a Wellness Leader" participation certificate conferred on completion.

Who should sign up? Managers, supervisors and staff in:

- child and family services
- child and youth counselling
- home visitation
- sexual assault and women's shelters
- disability services



Workshop Facilitator

Dr. Tom Barker, author and professor, has been working with human-service groups in Alberta since 2012. His workshops in wellness, wellness leadership, communication strategies, and stress-risk reduction have helped leaders, supervisors, and staff strengthen their efforts toward health and wellness. He is currently Project Lead for the Healthy Workplaces for Helping Professionals research and health-promotion project funded by the Ministry of Jobs, Skills, Training and Labour.

Sign up soon for a workshop in your area. Visit the Healthy Workplaces website (<http://hwHP.ca>) to register.

Calgary

Date: Friday, March 11, 2016
Time: 1:00 to 4:00 pm
Location: Coast Plaza Hotel
Fee: \$20

Edmonton

Date: Friday, March 18, 2016
Time: 8:30 to 12:00 noon
Location: ALIGN Training Room
Fee: \$20

Red Deer

Date: Fri, April 1, 2016
Time: 9am – 12pm
Location: Heritage Family Services
Training Room
Fee: \$20

This workshop is sponsored by the Healthy Workplaces project and by the following organizations:

