

# TAKING CARE OF me

## Employee Workshop Series

*Taking Care of Me* and *Taking Care of Members of your Team* are hands-on, evidence based, workplace wellness sessions designed for maximum impact for busy lives. The following are brief descriptions of some of our most requested session topics.

## Health & Wellness



### Making the Best of Stress

Stress is an unavoidable part of life (including our work life), and knowing how to manage and embrace our stressors is a valuable tool for resilient employees. The neuroscience of stress is combined with cutting-edge research findings to inspire participants to use their stress in positive ways. A list of effective Cognitive and Behavioural stress management tools helps participants begin their journey into “making the best of stress”.

### Moving Mindfully

Get physical and reduce the short- and long- term negative effects of stress. Using yoga, meditation and breath work, participants will learn how to create a simple personal plan to become more present, less reactive and start activating their relaxation response on a daily basis. Please wear comfortable clothes, and bring a yoga mat or towel for some gentle yoga exercises and breathing techniques.

### Mindfulness for Self-Care

A one hour highly experiential workshop aimed at having participants practice self-care tools they can begin to implement immediately to mitigate the various stressors in their work lives. Participants will leave with an understanding of how practicing mindfulness, self-regulation, and self-compassion can successfully decrease stress and prevent burnout while increasing personal well-being and work satisfaction. Three guided exercises are included in the workshop in order for participants to experience, first hand, the benefits of these tools.

### Breaking bad.....Habits!

Many people wish they could replace their “bad” habits with more productive or healthy ones, but are often at a loss at where to begin. This workshop provides a basic yet effective overview of the current research about how habits are formed and broken. Participants will learn how habits are wired in the brain, why it can be so challenging to “break” a bad habit, and the “golden rule” of habit change. They will also

explore and identify their personal obstacles, fears and “yeah buts” that keep them stuck in old habits, as well as how to challenge them, including understanding the power of implementing a personalized “keystone” habit for maximum impact!

### Mindful Resiliency

At the end of this 1.5 hour workshop, participants will leave with a greater self-awareness of what impacts their work and professional well-being and how to cultivate Mindful Resilience as a long-term coping mindset. Concepts of Mindfulness, Emotional Intelligence, and stress self-regulation tools will be presented. Participants will be led through several experiential exercises to help integrate the workshop content into their coping repertoire. Additionally, participants will have an opportunity to self-reflect on their own work stressors as well as rewards, in order to develop long-term career satisfaction.

# Career & Work



## Mindful Communication

In complex environments like health-care, when employees are responding to ever-present demands, speaking and listening with clarity and compassion can often seem unrealistic. Mindful communication allows us to be compassionate and respectful to both our own needs and others, leading to more productive conversations. Through role play and group work, this workshop helps employees become more self-aware and able to self-regulate in their interactions with others, while increasing their confidence in participating successfully in challenging situations.

## Mindful Communication 2.0

Mindful Communication is considered both an art and a science. It helps us attend compassionately, listen empathetically, and speak with clarity and confidence. In this next session learners will review and build on the tools and techniques gained in Mindful Communication 1.0, and start to practice new mindfulness tools to further integrate self-awareness and self-regulation in the present moment. Additionally, learners will gain practice in empathetic listening and mindful speech with the overall goal of strengthening relationships, healing conflicts and increasing resilience in challenging interactions and environments.

## Cultivating Compassion Resilience: How to Keep Loving the Work You Do

Health care is a helping profession by nature, and health care employees can become compassion fatigued or burned out as a result. This workshop provides an overview of the potential effects of stress and trauma, including the impact on the nervous system and brain. Self-reflection and group discussion questions are geared towards helping participants assess the well-being of themselves and their team. Simple, effective Mind/Body exercises are practiced with participants as tools to help them manage their stress and trauma response. If requested, a structured group discussion to help participants move towards building a more resilient team closes the session.

## Cultivating Compassion Resilience 2.0: A Chance to Pause, Check-in & Relax

This one hour workshop is designed to follow-up our "Compassion Resilience" workshop, in order to reinforce participants' evidence-based knowledge of how they can build their compassion resilience. This workshop provides a brief recap of the "Compassion Resilience" workshop content, as well as an opportunity to participate in a guided check-in to identify the impacts of their current work challenges/stressors, explore helpful coping strategies, and review their support networks. Participants are guided through two experiential exercises (a mindfulness and a meditation exercise) as examples of compassion resilience building tools.

## Mindful Self Compassion

Mindful Self-Compassion, which includes meditation, offers tools and practices that can be accessed quickly DURING the experience of suffering alongside patients and families, when the healthcare professional cannot step away to attend to their own self-care. Mindful self-compassion is a practice that can be learned by anyone. Simply put, it is the practice of treating yourself with the same care and kindness that you would a friend who is struggling. It is the practice of treating yourself as an ally, rather than an enemy. In this

highly experiential workshop, participants will learn evidence based practices for increasing their compassion to self, with the overarching goal of decreasing stress, increasing resilience, and growing our capacity to offer compassion to both ourselves and those we care for.

#### Clients in Distress: [How to Recognize, Respond & Refer](#)

Health care providers are sometimes at a loss on how to deal with their patients' or clients' mental health issues. This workshop identifies mental health issues (suicidality, depression, anxiety, self-harm etc.) that often cause significant stress and discomfort for helpers, and describes a simple, 3-step process to address them. An opportunity to role play various scenarios, along with suggested scripts and clear guidelines and resources for referrals, completes the workshop.

# Relationships & Family



## Mindful Parenting

When employees build families, they often face new and unexpected stressors. Mindful Parenting helps parents to move from “reacting” to “responding,” manage emotions & stress, how to let go of unrealistic expectations, and how to cultivate being fully present when they are with their children. A healthy dose of humour is interspersed with helpful tools and techniques relevant to the unique challenges of being a working parent.

## Managing Money Stress

Financial stress can significantly impact an employee’s attendance, performance, and overall well-being. Co-presented by a psychotherapist and financial planner, participants will explore their fears, beliefs and habits around saving and spending money, as well as how to navigate the stress of unexpected expenses. Financial tools and saving options/strategies will be reviewed and resources provided for on-going support.

## Reading Your Paystub

Reading your pay stub is the first step in becoming financially literate and making better choices about money. This workshop will use your pay stub as a learning tool to help you understand Please Contact me for an Appointment taxes and what goes towards both your daily expenses and your long-term financial security.

## Money Management 101

Learn foundational money management basics to help you get your financial house in order and keep more of what you earn. You will also learn the nuts and bolts of budgeting and managing cash flow, as well as how to reduce taxes and debt management.

## Retirement, Savings & Investing

In this session, you will learn how to effectively save and invest money wisely. We will tackle whether or not you should have an RRSP or TFSA if you already have a pension. We will also look at the landscape of available investment vehicles (stocks, bonds & investment funds) that are eligible for the RRSP and TFSA programs. Plus, we will end the workshop with a “to do list” as you plan for your future retirement.

## Estate Planning: Will my family be OK?

This workshop introduces how to make a suitable estate plan. You will learn about wills, powers of attorney and advanced care planning, as well as how to determine adequate life, disability and critical illness insurance coverage. We will also cover what British Columbians can expect to pay in taxes and probate fees after the passing of a loved one or parent.



EMPLOYEE WELLNESS  
good thinking

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