

WORKPLACE WELLNESS

QNET presents:

Introduction to Workplace Wellness

Wednesday, October 10, 2012 – 8:15 a.m. to 4:15 p.m.

Location: QNET – Suite 660, 175 Hargrave Street, Winnipeg

Workplace Wellness is a key success factor in today's competitive work environment. Research shows that healthy employees in a safe, healthy and supportive workplace give organizations a competitive edge.

A comprehensive workplace wellness plan incorporates two key components – the organization / environment and the employee (personal wellness). This workshop explores both components.

Participants learn about personal wellness using the concept of the Wellness Wheel, and learn how to influence organizational wellness through Healthy Workplace Practices.

At the completion of this workshop you will:

- Understand the importance of the two components of Workplace Wellness.
- Develop strategies to address personal wellness issues.
- Identify strengths and weaknesses in the health of your organization and create a plan to affect change where needed.

This workshop is for anyone who is involved (or wants to be involved) in a workplace wellness or health and safety initiative or committee in their workplace – as a coordinator, committee chair or committee member – along with those in the HR field that have responsibilities related to wellness.

Facilitator: Maureen Grace is a nurse with experience in Intensive Care, Cardiac Rehab, and Workplace Wellness. Her last position was Occupational Health Specialist with the Manitoba Federation of Labour Occupational Health Centre where she worked with Health & Safety committees to improve and maintain the safety in Manitoba workplaces. She is trained as a Mental Health Works trainer with the Canadian Mental Health Association and delivers sessions to managers, unions, Health and Safety Committees, Human Resources and occupational Health Nurses. She works with Manitoba Blue Cross developing and delivering wellness presentations to their clients and has co-authored the book "Stress Management with an Attitude" focusing on personal and workplace stress.

This session is presented by QNET in partnership with Industry Workforce Development, Manitoba Entrepreneurship Training & Trade

REGISTER NOW - Fax this form to (204) 949-4990 or register online at www.qnet.ca

Fee: \$249.00 + GST for QNET Members \$299.00 + GST for Non-Members

Name _____ Title _____

Organization _____ City _____

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Payment method: VISA AMEX MasterCard Cheque Enclosed

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Cardholder name _____ Signature _____

Participants will receive location and final details by email approximately 3 business days prior to the session. Please contact QNET if you do not receive this information. Cancellations must be received in writing no later than 6 business days prior to the session. After that time, the full registration fee will apply. Replacement participants are accepted at anytime. Invoices will be sent for non-attendance.

G.S.T. Reg #899755334RT



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