

WORKPLACE WELLNESS

QNET presents two half day workshops:

Workplace Wellness Audit Workshop

Wednesday, October 15 - 8:00 to 11:45 a.m.

Have you ever wondered what your employees think about wellness in your organization?

Workplace wellness audits provide valuable information to help you identify problems quickly and efficiently, giving a glimpse of specific wellness challenges employees face at work.

Learn how to use workplace wellness audits to gain feedback on key issues that impact employee wellness at work.

Learning objectives:

- Identify wellness challenges quickly.
- Create awareness for employees of the importance of workplace wellness.
- Present easy ways employees can contribute to workplace wellness audits.
- Learn to facilitate and respond to wellness audits.

Facilitator: Joyce Odidison is a conflict analyst, author, mediator, workplace wellness expert and coach who has a passion for helping people work and live well. She offers a unique workplace wellness coaching framework to improve working relationships and performance while reducing workplace stress and tension. For two decades she has helped build safe, respectful workplaces. Joyce is the creator of Canada's premier Wellness Coaching Training Certificate program, approved by the International Coach Federation. Currently President & CEO of Interpersonal Wellness Services Inc. and Coaching Institute, she holds the ICF credential of Professional Certified Coach (PCC) and a Master's degree in conflict analysis & management.

If you attend both workshops, the full day is:

- An optional course in the 70 credit hour QNET Certificate in Management Development (CMD).
- Eligible for credit in the CAM:OE (Certificate in Applied Management: Organizational Effectiveness) in partnership with the University of Manitoba, Continuing Education.

Presented by QNET in partnership with Industry Services, Jobs and the Economy, Province of Manitoba

Fee for each workshop: (does not include lunch, unless registered for both workshops)

- \$169.00 + GST for Members of QNET and APICS
- \$199.00 + GST for Non-Members

REGISTER ONLINE at www.qnet.ca

Wellness Assessment Workshop

Wednesday, October 15 - 12:45 to 4:30 p.m.

Do you want to engage your employees to work well?

Wellness assessments are a great way to create awareness for employees of how expansive and far reaching the impact of their wellness has on their workplace, and how they interact and communicate with others at work.

They are used to help employers gauge the pulse of their organization and inform them on how to maximize allotted wellness dollars strategically.

Learning objectives:

- Learn to dialogue with employees about wellness.
- Learn to share the benefits of wellness at work.
- Create awareness for employees on their wellness quotient.
- Learn to facilitate a wellness assessment and share the results.



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