

# WORKPLACE WELLNESS

**QNET presents:**

## **Mental Health Conversations – The Manager’s Role**

**Monday, June 13, 2016 – 12:45 p.m. to 4:30 p.m.**

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

*PRE-REQUISITE: Managing Mental Health in the Workplace (full day workshop)*

This workshop is for those who have attended the full day session *Managing Mental Health in the Workplace* which assists participants to better understand employees who may be struggling with a mental health issue and help them be successful at work.

This follow-up workshop focuses on the manager and the role the manager plays during difficult conversations with the employee. It will also incorporate mindfulness and awareness of the manager’s own stress responses.

In this half day workshop participants will:

- Review the Managing Mental Health Process and discuss any new developments.
- Share successful strategies and discuss difficult cases.
- Focus on the challenges of conversations with those who are struggling, such as initiating the conversation, ending the conversation, staying on track, maintaining civility, meeting your goals.
- Rethink assumptions of mental illness and become mindful of judgements and personal reactions.
- Investigate the roadblocks that prevent meaningful conversations and successful goals.
- Brainstorm strategies to deal with these roadblocks.
- Practise difficult conversations with challenging people.

**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.

**Fee:**

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

*This session is presented by QNET in partnership with APICS Winnipeg Chapter and Industry Services, Jobs and the Economy, Province of Manitoba.*

**REGISTER ONLINE at [www.qnet.ca](http://www.qnet.ca)**



**QNET**  
Suite 660, 175 Hargrave Street  
Winnipeg, MB, R3C 3R8  
Phone: (204) 949-4999  
Fax: (204) 949-4990  
mail@qnet.ca  
www.qnet.ca