

# WORKPLACE WELLNESS

QNET presents:

## Managing Mental Health in the Workplace

Thursday, September 20, 2018 - 8:15 a.m. to 4:15 p.m.

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

According to the Mental Health Commission of Canada, “nearly a quarter of the country’s working population is currently affected by mental health problems or illnesses leading to absenteeism, “presenteeism” (coming to work but being less than fully productive) and turnover.”

At this full day workshop, managers and leaders will:

- Gain an awareness of mental health issues, signs and symptoms;
- Find out how to approach someone who may be struggling;
- Learn to create success at work, manage emotions and conflict;
- Hear about accommodation and return-to-work strategies;
- Understand prevention – factors in the workplace that increase risk of mental illness;
- Discuss support strategies for fellow managers/leaders.

Using videos, role play, case studies, and discussion, participants will learn ways to:

- Reduce disability days or "stress leave" by being aware of signs and symptoms and taking action early;
- Prevent Human Rights violations by separating mental health issues from performance issues;
- Prevent stress and illness on the part of the manager by giving them tools to deal with direct reports who are struggling;
- Support colleagues and access services available to them as managers and leaders in the workplace.

**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 workshop 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.
- Approved for 8 CPHR Continued Professional Development Hours by CPHR Manitoba.
- Presented by QNET in partnership with APICS, Manitoba Aerospace, CPHR Manitoba, Manitoba Education and Training

**Fee: (includes a light lunch)**

- \$ 339.00 + GST for Members of QNET / CPHR / APICS / MB Aerospace
- \$ 399.00 + GST for Non-Members

**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

