

WORKPLACE WELLNESS

QNET Presents:

Workplace Stress Initiative: Best Practices in Manitoba Workplaces Wednesday, May 25 - 3:00 to 4:30 p.m.

The Stress Initiative, a committee founded by the MFL Occupational Health Centre, invited workplaces that demonstrate best practices in promoting the health and well-being of employees to participate in documenting and promoting their experience. The areas of focus included:

- Employee participation and decision-making
- Defining employees' duties & responsibilities
- Work-life balance
- Respectful workplace initiatives
- Workload management
- Continuous learning
- Conflict resolution practices
- Employee recognition

Participating workplaces gave the project access to interview key personnel, shared information on their practices, and provided access to related workplace policies and statistics. Best practices will be written up and widely distributed in a compilation later this fall.

Maureen Grace of The MFL Occupational Health Centre will open this networking event and talk generally about the project. **Hanna Bortoluzzi** and **Patrick Grace** of Canada Revenue Agency will discuss their submission to the project, specifically how their organization deals with two important workplace wellness issues, Conflict Resolution and Work-Life Balance.

REGISTRATION FORM: Fax to (204) 949-4990 or register online at www.qnet.mb.ca

NAME _____ TITLE _____

ORGANIZATION _____ CITY _____

PHONE _____ FAX _____ EMAIL _____

\$15.00 + GST for QNET Members

\$20.00 + GST for Non-Members

PAYMENT METHOD : VISA AMEX MasterCard

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An event confirmation will be sent one week prior to the session with location details. Cancellations must be received in writing by May 17. After that time, only replacement participants will be accepted. Invoices sent for non-attendance. (GST Reg # 899755334RT)



QNET
Suite 454, 167 Lombard Avenue
Winnipeg, Manitoba, R3B 0T6
phone: (204) 949-4999
fax: (204) 949-4990
mail@qnet.mb.ca
www.qnet.mb.ca