

WORKPLACE WELLNESS

QNET presents:

Managing Mental Health in the Workplace

Thursday, November 28, 2013 - 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.

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; and
- Prevent stress and illness on the part of the manager by giving them tools to deal with those direct reports who are struggling.

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 a book “Stress Management with an Attitude” focusing on personal and workplace stress.

This workshop is an optional course in the 70 credit hour Certificate in Management Development (CMD) and is eligible for credit in the CAM:OE (Certificate in Applied Management: Organizational Effectiveness) in partnership with the University of Manitoba, Continuing Education.

This session is presented by QNET in partnership with APICS Winnipeg Chapter and Industry Workforce Development, Manitoba Entrepreneurship Training and Trade

REGISTER NOW - Fax this form to 204.949.4990 or register online at www.qnet.ca

Fee: (includes a light lunch) \$299.00 + GST for Members of: QNET APICS \$359.00 + GST for Non-Members

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Cancellations (by the attendee) must be received in writing no later than 6 business days prior to the session. After that time, the full registration fee will apply. Substitutions are accepted at any time. Invoices will be sent for non-attendance. All funds are charged in Canadian dollars. If the session is cancelled / postponed by QNET and you have already paid for the session, you will receive a credit by email – you can apply this to your credit card or request a refund cheque. QNET is a Scent-Free Zone: Due to the chemical sensitivity of some of our clients, we ask that you refrain from wearing perfume, sprays or cologne at the QNET Office.



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