

# WORKPLACE WELLNESS

QNET presents:

## Respectfully, Up Yours:

### How to Play Nice at Work

Monday, March 4, 2019 – 12:45 p.m. to 4:30 p.m.

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

What makes a good workplace great? A culture of respect and cooperation.

This interactive and collaborative workshop will assist people in becoming more effective individual agents of change and more respectful as a team.

We will explore practical and concrete ways of bringing these ideas to life to generate a workplace of happy, engaged and supportive team players.

During this half day workshop you will discover:

- What constitute respectful or disrespectful behavior
- The effect of disrespect in the workplace on SAFETY and HEALTH
- What's in it for you to change the way YOU do things
- Guidelines for a respectful and psychologically safe workplace
- Practical tools and strategies for becoming a more respectful workplace.

**Facilitator:** Sylvia is the Founder of MindBody Works. Fun, sassy and passionate about safety and health, Sylvia's presentations focus on a proactive approach to building healthy lives and workplaces. She is an Occupational Therapist with years of practice in the field of workplace safety and health, so she knows that prevention is the key to creating happy, healthy individuals, employees and businesses. The former radio show host of *Happy Hour With Sylvia!* she is a regular Health and Wellness contributor to CJOB radio.

**Fee:**

- \$199.00 + GST for Members of QNET or APICS
- \$239.00 + GST for Non-Members

*This session is presented by QNET in partnership with APICS Winnipeg Chapter and Manitoba Education and Training.*

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



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