

Mental Health Promotion Committee presents



Improving Workplace Mental Health

May 9, 2019 | Lethbridge Coast | 8:30-4pm | \$140

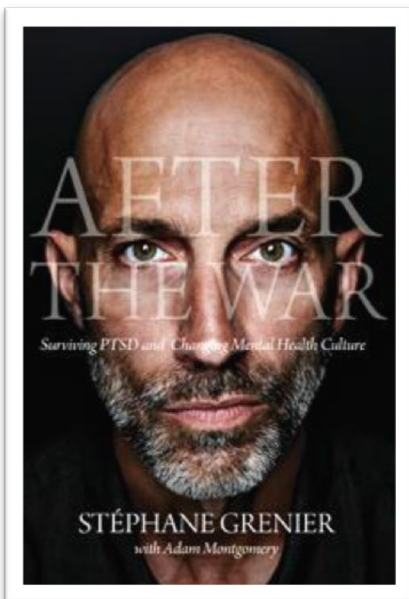
Lieutenant-Colonel (Retired)

Stéphane Grenier

A new way to look at an old problem:

Illness or Injury –

Leadership or Clinical matter?



A nationally known mental health innovator, advocate, speaker and entrepreneur. He retired from the Canadian military as a Lieutenant Colonel after serving 29 years.

Learning Objectives:

- Develop a new non clinical lens to perceive mental health problems at work
- Understand the importance of social support as a determinant of Mental Health
- Redefine and challenge entrenched paradigms regarding workplace mental health
- Systemic change in 3 areas: Organizational Culture, Peer Support, National Standard for Psychological Health

----- **AND** -----

Dr. Dawn McBride

*Strategies to foster healthy workplaces –
borrowing from psychology*



Dr. Dawn McBride is a registered psychologist and associate professor in counsellor education (University of Lethbridge).

Learning Objectives:

- 3 roles people may take when under stress or in conflict
- How these 3 roles, can interact to feed the conflict
- How the 3 roles can be used to foster and sabotage a healthy workplace

Online Registration will open February 1, 2019

<https://www.eventbrite.ca/e/mental-health-in-the-workplace-tickets-50374696072?aff=affiliate1>



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