Your Health Space

Canadian Mental Health Association Ontario

Webinar Descriptions

Strengthening Psychological Health & Safety Series

Offer *Introduction to Psychological Health & Safety* as a standalone foundational training or customize the series by selecting any combination of the 6 training sessions delivered as a weekly, bi-weekly, or monthly series based on your schedule and needs. For added flexibility, the series can also be delivered as a full-day, 6-hour training session, providing a comprehensive learning experience in a single offering.

Introduction to Psychological Health & Safety

What is psychological health and safety? In the series introduction, participants will examine what it means to work in a psychologically healthy and safe workplace and discover the impact of a positive organization culture on workplace well-being.

Finding Balance: Managing Workload & Psychological Demands

Achieving work-life balance is a challenge for most health care workers! In this webinar, participants will learn how to set boundaries and explore practical strategies to exercise healthy habits to support their work-life balance.

Getting Involved: Leading with Civility & Respect

While health care workers are often comfortable advocating for others, it can be a challenge to advocate for their own needs! In this webinar, participants will explore ways to approach challenging situations with a growth mindset and learn strategies to engage in respectful conversations with leaders and colleagues.

Thriving Together: Engaging at Work Through Growth & Recognition

Individuals who have opportunities to use their strengths at work and whose contributions are regularly recognized experience an increase in workplace well-being! In this webinar, participants will begin to identify their strengths and values, examine strategies to leverage break time to increase engagement, and practice providing recognition to their peers.

Ensuring Safety: Protecting Physical & Mental Well-Being

To experience psychological safety, individuals need to feel comfortable in bringing their whole selves to work. In this webinar, participants will begin to challenge common biases related to mental well-being and engage in dialogue and activities that encourage conversation without judgement.

Guarding Against Moral Distress: Strategies for Psychological Self-Care

Work in a health care organization is stressful – not just due to workload, but also related to emotionally, morally, and ethically challenging experiences. In this webinar, participants will examine the concept of moral distress and explore practical strategies for caring for their psychological well-being.

Webinar Topics

Being Mindful at Work

Whether looking to reduce stress, enhance focus, or improve overall well-being, this webinar provides valuable tools to help health care workers thrive in the workplace. Learn about the components of mindfulness and engage in practical opportunities to examine how mindfulness can be personalized for use at work & elsewhere.

Burnout

Recognize, address, and safeguard mental well-being by exploring the three components of burnout. In this webinar, participants will identify risk factors associated with burnout and examine how to restore balance and a state of well-being by attending to protective factors.

Consideration & Collaboration at Work

Civility and Respect are essential psychosocial factors that support well-being at work. This webinar introduces the SALSA approach, which participants will apply to address communication barriers and build consideration and collaboration in the workplace.

Creating Connection at Work

Explore the concept of positive psychology through Martin Seligman's PERMA Model of Well-Being and discover the importance of positive relationships in the workplace. Participants will learn about the health benefits associated with High-Quality Connections and apply the NACHO acronym to foster connection at work.

Empathic Strain

Empathy is a must-have quality for health care workers, but it can be difficult to sustain. This webinar provides an overview of how empathic strain manifests in the caring professions and practical steps that can be taken to keep this occupational stressor at bay.

Navigating Change at Work

Change isn't necessarily bad, but it is often a challenge! In this webinar, participants will gain insight into change processes and their impact on workplace mental health, while exploring steps to manage common stressors associated with change.

Responding to Moral Distress

By introducing the concepts of moral challenge, moral distress, and moral injury in health care work, this webinar encourages health care workers to explore the risk and protective factors associated with this unique stressor. Participants will learn practical strategies to support their well-being at work by understanding and addressing experiences of moral distress.

Stress at Work

Health care workers face daily challenges that can take a toll on well-being and performance. In this webinar, participants will examine the unique stressors experienced by health care workers and explore practical strategies for addressing workplace stress.

Supporting Well-Being Through Change (Leaders)

Change is common in the workplace, but its unpredictability can create chaos for team members and present challenges for the leaders supporting them. In this webinar, leaders will explore how the stressors associated with transitions impact employee well-being and learn strategies to support employees through transitions.

Traumatic Stress

Exposure to trauma is inevitable in health care work, but it does not need to become a burden. In this webinar, participants will examine how traumatic stress can emerge in health care settings and explore strategies that protect themselves and their colleagues in the workplace.

Well-Being at Work: Embracing Rest & Self-Compassion

Discover the power of Psychological Self-Care! Explore practical strategies to enhance self-awareness, self-regulation, and self-compassion while integrating rest into the workday for improved balance and productivity.

Well-Being at Work: The Dimensions of Wellness

Discover the importance of work-life integration! Examine the concept of holistic well-being through nine dimensions of wellness and explore practical strategies to improve well-being in the workplace.