Your Health Space

Canadian Mental Health Association Ontario

Workshop Descriptions

Making a choice: in-person or virtual?

Your Health Space understands that deciding between in-person and virtual training can be challenging! Regardless of which option you choose, you can expect participants to experience:

- Sessions facilitated by experienced Your Health Space Trainers
- Sessions presented using Mentimeter, an Audience Engagement Platform that encourages active audience participation and allows for participant anonymity
- Real-time interaction and collaboration
- Time to talk to Trainers to have their questions answered directly

Below are some factors to consider when making a choice for your organization.

	Advantages	Challenges
In-person	• Enhanced ability of trainers to notice and respond to non-verbal cues • Refreshments can be provided by organization to increase participant comfort • Opportunity to connect in-person with colleagues	• Possible exposure to environmental hazards, pathogens, and illness inherent to the health care setting • Possibility of last-minute cancellations due to weather / illness • Additional costs for organization or participants such as room use, cleaning, parking, refreshments, travel time, backfill, etc.
Virtual	• Reduced risk of infection transmission • Training can proceed even when an organization / unit is in outbreak • Accessible anywhere – participants can join live, virtual training from home, personal office, or shared screen • Works well for teams working in a hybrid or remote environments	• Limited ability of trainers to notice and respond to non-verbal cues • Increased potential for environmental distractions • Risk of computer fatigue due to lack of movement, poor ergonomics, increased screen time, etc. • Technical challenges or glitches

Fostering Well-Being Through Leadership Series

Promoting Psychological Health & Safety

Designed for leaders, this interactive workshop encourages participants to explore the concept of Health-Oriented Leadership and its role in enhancing the well-being of health care teams. Leaders will also be introduced to psychological health and safety in the workplace, brainstorming ways to reduce psychological hazards and examining practical strategies to help mitigate the challenges of moral stressors in the workplace.

Enhancing Psychological Support

With a focus on the concepts of flourishing and languishing in the workplace, this workshop will equip leaders with the knowledge and strategies to foster a more psychologically supportive workplace culture. Participants will be oriented to CMHA Ontario's 3-Gear Model, a practical tool for leaders to identify and support employees who may be experiencing mental health challenges. Additionally, leaders will delve into the impact of acute stress on communication and how it can affect help-seeking behaviours.

Inspiring Psychological Well-Being

Empowering leaders with evidence-based tools to nurture themselves, this workshop examines the critical role of psychological self-care on the maintenance of leadership effectiveness and resilience. Through practical application and discussion, participants will explore the Dimensions of Wellness and learn to cultivate professional boundaries, healthy habits, and self-compassion, ensuring sustainable well-being that fosters a thriving leadership presence.

Space for Connection

Challenging Stigma in the Workplace

Focusing on the realities faced by individuals living and working with mental illness, this workshop encourages participants to explore the concept of stigma, examine its origins, and challenge existing biases. Through engaging discussions and practical exercises, attendees will identify effective strategies to counter and challenge stigma in the workplace, helping create a more inclusive, supportive, and respectful workplace culture.

Flourishing in the Workplace

This workshop introduces the concepts of flourishing and languishing in the workplace, supporting insights into how well-being impacts both individual performance and organizational success. Through the exploration of evidence-based models, participants will learn to identify factors that contribute to a thriving work environment and discover actionable strategies to flourish at work, applying their knowledge to help create a more positive, engaged, and productive workplace culture.

Fostering Trauma-Informed Workplaces

Trauma, whether experienced in personal or professional life, doesn't just affect individuals—it impacts health care teams and the care they provide. Participants of this workshop will learn how to contribute to a more compassionate workplace by better understanding the effects of trauma on the brain and its impact on behavior and performance at work. Attendees will examine the signs of trauma and its impact on mental and emotional well-being while exploring strategies to help foster a trauma-informed workplace that promotes safety, trust, and support.

Grief & Loss in the Workplace

Designed to enhance emotional resilience and strengthen team connections in challenging times, this workshop will support participants in gaining valuable insights on the complex dynamics of grief and loss within the health care environment. Through discussion and practical exercises, attendees will also explore practical steps to support their own well-being or that of a colleague who may be struggling with grief and loss.

Intersecting Identities in the Workplace

Foster a more inclusive and supportive work environment by empowering participants to build confidence and lead by example! Through the lens of the R.E.A.L. Framework, attendees will explore social identity and intersectionality in the workplace to gain a deeper understanding of how intersecting identities can create barriers to well-being and success, both for individuals and teams. Reflection and discussion support attendees in examining the impacts of these complexities on workplace dynamics, learning practical strategies to challenge internal biases.

Managing Stress in the Workplace

While stress is inevitable when working in a health care environment, it does not need to negatively impact well-being! Explore the nature of stress at work, examining its common causes and the impact it can have on individuals. Participants will gain a deeper understanding of how work-related stress can affect their physical, emotional, mental, and social well-being, and practice effective strategies to cope with and reduce stress.

Mindfulness in the Workplace

Designed to introduce and explore the power of mindfulness in the workplace, this workshop supports participants in learning about the three core components of mindfulness, and discovering how integrating these practices into the workday can improve focus, reduce stress, and enhance productivity. With a focus on practical strategies to incorporate mindfulness into their daily work routines, attendees are empowered to cultivate calm and welcome clarity.

Understanding and Addressing Burnout in the Workplace

Whether experiencing burnout or seeking to prevent it, this workshop provides valuable strategies to support the personal and professional growth of health care workers. Participants will gain a comprehensive understanding of burnout by exploring its three key components and their impact on both work and personal life. Through guided discussions and activities, participants will identify various risk and protective factors for burnout and, with a focus on the promotion of well-being, explore practical, adaptive strategies to address and manage each of its' key components.