

Healthy Workplace Wellness Series

Register now to attend FREE virtual training workshops!

For Canada's Healthy Workplace Month, **Your Health Space** is offering access to a FREE workplace mental health training series for Ontario's health care workers.

These **1-hour, lunch-and-learn virtual workshops** explore core concepts and practical strategies to address symptoms of chronic workplace stress in health care settings. Take the first step toward creating a healthy workplace!

Free virtual training for health care workers

- 4 dates covering different topics related to cultivating a healthy workplace
- 1-hour Zoom workshops beginning at 12pm
- Open to individual participants
- Facilitated by health care workers (Your Health Space trainers)



Receive a Certificate of Completion after each workshop to add to your online profiles!

Introduction to Psychological Health & Safety

Participants are introduced to the National Standard of Canada for Psychological Health & Safety in the Workplace along with an overview of the 15 psychosocial factors that affect well-being in healthcare workplaces.

October 3rd, 12 pm - 1 pm

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Workplace Stress

Examine the unique stressors experienced by health care workers, learn about the effect of stress on well-being and performance, and explore practical strategies for addressing workplace stress.

October 5th, 12 pm - 1 pm

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Positive Psychology at Work

An overview of the Dimensions of Wellness and an introduction to the PERMA Model of Well-Being helps health care workers better understand well-being & its relationship to the workplace.

October 10th, 12 pm - 1 pm

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Being Mindful at Work

An overview of the components of mindfulness with practical opportunities to examine how mindfulness can be personalized for use at work & elsewhere.

October 12th, 12 pm - 1 pm

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