

# Towards Improved Well-Being

*Finding your keys to better health*

## Overview

The World Health Organization defines burnout as a syndrome “resulting from chronic workplace stress that has not been successfully managed.” As we transition back into the workplace, managers and employees may be facing challenges in implementing employer “back to work” policies, accommodating individual preferences and needs, ramping up productivity, and on top of all that, dealing with a mental health crisis (see recent data below). This one-day course will provide you with important insights into well-being and mental health in the workplace. You will acquire practical tools that will enable you to use these insights to navigate thoughts and emotions as you experience life’s trials and adversity. You will be encouraged to be introspective and share your experiences in a safe space to help you gain a deeper understanding of your own levers for developing resilience and for thriving in times of change and uncertainty in the workplace.

## Participation in the Program

The course recognizes that there is no “one-size-fits-all” approach to well-being and thus each participant’s well-being toolkit must be as unique as they are. To this end, as participants invest and commit to their own growth process, the course facilitator will support them in developing tools and resources that work best in improving their well-being.

**Duration** One day

**Price** \$595.00

## Instruction Methodology

This course can be delivered in person over one day or virtually in two half-days. It includes lectures, interactive exercises, self-reflection exercises, small group work, facilitated group discussions, and group coaching.

### Key topics

- Introduction to mental health and well-being – theory and practice
- *Dealing with change: The Hero’s Journey* by J. Campbell; and DiClemente and Prochaska’s *stages of change model*
- The naming and managing of our emotions: Robert Plutchik wheel of emotions; and FEED, the giving and receiving of feedback
- Positive Psychology, the Science of Happiness– The three levers for growing your happiness: mental; social; and physical
- Time management and what matters most for me: Stephen Covey’s time management matrix, Putting First Things First
- Well-being toolkit: what gives me energy and provides respite
- Action planning: putting my “first things first”

## Value-Add

Once you have registered for this course, a new journey begins. You have taken an important step towards caring for yourself and taking better control of your well-being. As a participant of this course, you will also benefit from:

- Access to a pre-course video
- A copy of the book *Live your Life, a Wellness Guide*
- A post-course companion video to help remind you of the extraordinary steps you have taken towards reframing your future

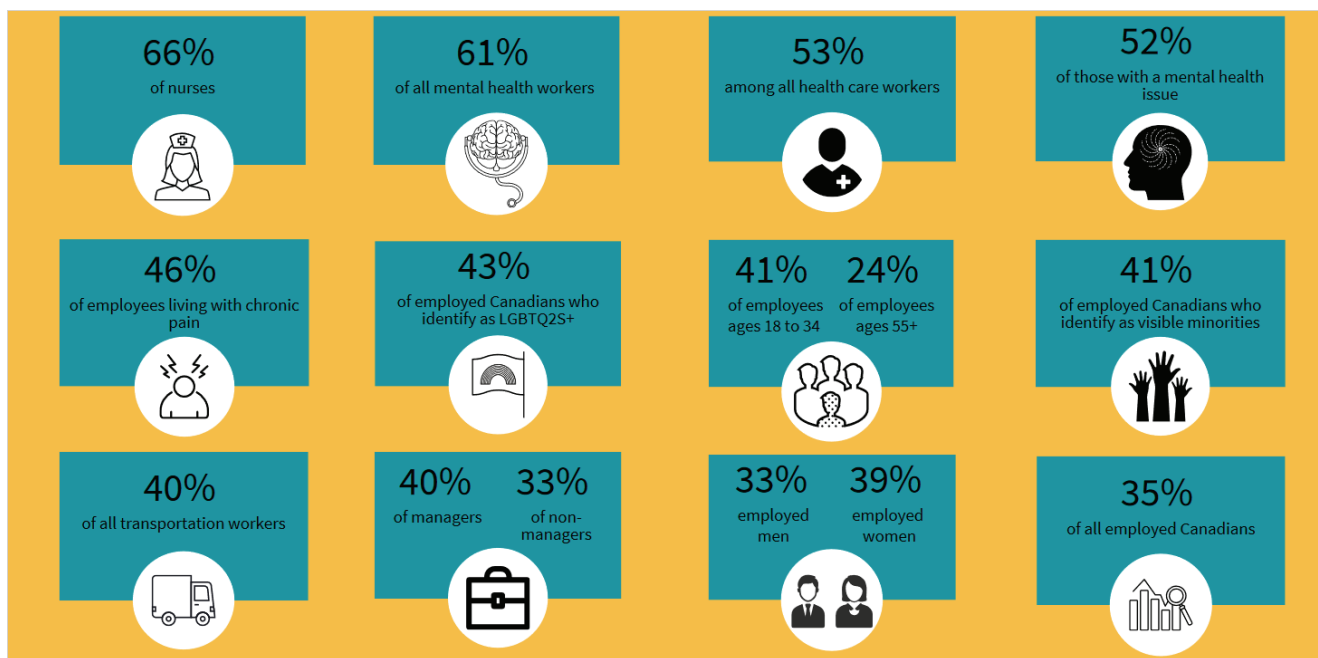
## Summary of Mental Health Research

February 2023 data from Mental Health Research Canada (MHRC) shows the mental stability of Canadians has flatlined since the summer of 2022.

Since April 2020, the MHRC's has conducted 15 surveys on the mental health of Canadians. Their latest survey from February 2023 found about 1 in 7 Canadians are likely to have moderate to severe symptoms of anxiety, with 1 in 5 likely to have symptoms of severe to moderate depression.

There may be less anxiety about getting sick from COVID now but it has been replaced by other stressors like inflation, economic downturn and food insecurity.

About 1 in 3 Canadians, or 35 per cent of participants, reported feelings of burnout, including about 14 per cent who said they are not "coping with stress well." The two indicators have stayed the same from the previous survey MHRC collected in November 2022.



### About Your Facilitator

#### Sylvie Lapointe

Sylvie Lapointe is a dynamic speaker, an experienced trainer, an empathetic coach, and a published author. She has more than 30 years experience working with the public and private sectors, as well as non-profit organizations. Sylvie is perfectly bilingual, in French and English, and competent in conversational Spanish.

Sylvie specializes in organizational development and is an expert in the design and delivery of leadership and management training programs. She has been a keynote speaker at national and international events in the fields of leadership development and in learning organization theory. She has designed and facilitated strategic planning sessions, executive retreats, management forums, and team-building workshops across Canada and abroad.

Sylvie holds certifications in various psychometric assessments tools in support of her coaching practice. She is a Certified Professional Facilitator with the International Association of Facilitators (IAF). In addition to university degrees in Psychology, Sociology, Social Work, she is a certified Gestalt psychotherapist. Sylvie has co-authored books on the art of facilitation and the power of storytelling. Her most recent book is a well-being guide entitled *Live Your Life*, offering tools to enhance resilience and help people thrive through adversity.