



Webinars and Training Catalogue

Webinars and Training Catalogue

Our *Webinar Catalogue* provides a list of our specialized webinars and training designed to meet your organization's and its leaders' specific needs. We work closely with professionals to build impactful, interactive, and timely educational resources that help bridge the gap between work and mental health.

How To Request a Webinar or Training

If you want to offer a webinar or training for your employees or leaders, please email webinars@greenshield.ca.

To assist in the coordination of your webinar, please include the following information in your request:

1. Your name, title, and contact information
2. Potential webinar titles and/or topics of interest
3. Preferred dates and times

After submission, a clinical team member will reach out to schedule a brief clinical consult to understand your objectives and desired outcomes in delivering sessions from our catalogue.

We offer a 10% discount when purchasing five to nine webinars and a 15% discount when buying ten plus webinars.*

* Discount valid for virtual webinars only. Offer cannot be applied to previous purchases. All recordings accessible for up to 6 months.

Table of Contents

Physical Health and Well-being

Page 4

- The Connection Between Nutrition and Positive Living
- How To Build Better Sleeping Patterns
- Building Better Sleeping Habits for Kids and Families
- Self-Care Strategies for Better Mood, Sleep and Nutrition
- How To Manage and Overcome Emotional Eating
- Understanding the Basics of Grocery Store Labels
- Healthy Interactive Cooking Classes
- The Connection Between Food and Heart Health
- Understanding Our Body's Natural Detoxification Process
- How To Naturally Prevent and Treat Headaches
- How To Naturally Prevent and Treat Spring Allergies
- Understanding the Basics of Supplements
- Navigating Diabetes and the A1C Test
- Nutrition Basics for a Healthy Gut
- Breaking Down How Stress Impacts the Body
- Navigating Chronic Illness and Caregiving
- How To Incorporate Physical Health for Busy Lifestyles
- The Importance of Breast Health for Men and Women
- An Introduction to Perimenopause, Menopause and Andropause
- Tapping into Menstrual and the Moon Cycles to Maximize Productivity and Energy
- Talking to Children and Teens About Healthy Relationships
- Talking About Healthy Relationships and Sexuality as We Age
- Meal Planning
- Fitness and Nutrition Myth-Busting
- Peak Performance Sports Nutrition
- Food Is Medicine

Mental Health and Well-being

Page 10

- How To Manage Stress
- How To Manage Anxiety
- How To Identify and Prevent Burnout at Work and Home
- How To Identify and Prevent Caregiver Stress and Burnout
- Understanding the Importance of Self-Care
- Managing Suicidal Ideation: Strategies for Prevention and Support
- Processing Grief: Navigating the 5 Stages
- An Introduction to Establishing Healthy Boundaries
- The Psychology of Domestic Violence
- The Psychology of Immigration and Integration
- Overcoming the Stigmatization of Mental Health and Wellness
- Caregiver Support for Parenting Neurodiverse Children
- Three Key Habits for Men's Mental Health and Wellness
- Understanding Women's Mental Well-being
- A Guide to Self-Regulation Strategies

Workplace Well-being

Page 14

- Coping With Grief and Loss in the Workplace
- Managing Conflict Resolution in the Workplace
- How To Manage Emotions in the Workplace
- How To Achieve Work/Life Balance
- Fostering Psychological Safety Toward an Inclusive Workplace
- Leadership Impact on Psychological Health and Wellness in the Workplace
- Dismantling Anti-Asian Racism
- Dismantling Anti-Black Racism
- Building Better 2SLGBTQ+ Allyship and Workplace Support
- Navigating Neurodiversity in the Workplace
- An Introduction to Change Management
- An Introduction to Financial Management Principles
- Retirement: What to Expect and How to Prepare for It
- Time Management for Personal and Professional Well-being
- How To Develop a Growth Mindset
- An Introduction to Public Speaking and Presentation Skills
- Ikigai: Find Your Life's Purpose
- DEI Basics: What is Diversity, Equity and Inclusion?
- Understanding D.I.S.C Personality Styles
- 7 Mindsets of Success
- Building a High-Quality Team
- Motivating Your Team for Success
- Leading with Authenticity
- Returning to Work After Baby
- Wellness for Professionals
- A Guide to Conscious Communication
- How To Combat Imposter Syndrome

Training and Other Offerings for Leaders

Page 20

- How To Address Substance Use and Mental Health in the Workplace
- Building Emotional Intelligence In the Workplace
- Conflict Resolution Training
- Leadership Impact on Mental Health in the Workplace – Supporting Employees (Leaders)
- Workplace Mediation
- How To Develop Cultural Competence



Physical Health and Well-being

Our physical health and wellness webinars feature topics focused on nutrition, fitness, mindfulness and more to help support your workforce's health at work and home.



The Connection Between Nutrition and Positive Living

Duration: 1 Hour

Language: English/French

Discover how making nutritious food choices can positively impact mood, energy and overall mental health and wellness at home and work. Participants are led by a nutrition professional who provides detailed information and understanding of how healthy food choices and eating habits can positively impact the mind and body while recommending steps to build sustainable goals.

How To Build Better Sleeping Patterns

Duration: 1 Hour

Language: English/French

Build better opportunities for improved sleep by learning about common sleep blockers and how to avoid them. Participants will walk away with actionable steps to improve their sleep outcome, including effective morning and nighttime routines, how to improve sleep-wake cycles, manage insomnia, improve negative sleep routines and more.

Building Better Sleeping Habits for Kids and Families

Duration: 1 Hour

Language: English

Find new ways to navigate children's sleeping patterns with advice to help the whole family sleep better. In this educational session, a pediatric sleep coach shares detailed expertise for parents of toddlers and preschoolers (kids between 2-5 years of age) to help them navigate various sleeping challenges with tips and examples that can be applied immediately to help everyone begin to get a better night's sleep.

Self-Care Strategies for Better Mood, Sleep and Nutrition

Duration: 1 Hour

Language: English/French

Explore how a strategic focus on self-care can improve mood, sleep and nutrition. In this discussion led by a health professional, participants will learn about the various factors impairing sleep quality, including medications, lifestyle choices, and medical conditions, as well as how sleep hygiene, dietary choices, and physical activity can positively influence our mood and health. They will provide practical strategies to improve overall health while focusing on self-compassion, meditation and movement benefits.

How To Manage and Overcome Emotional Eating

Duration: 1 Hour

Language: English

Identify the challenges of emotional eating, including its impact on the body and mind, to formulate more effective long-term fitness and health goals. Participants will gain a firm understanding of how specific industries influence unhealthy food decision-making and provide tangible steps to overcome emotional eating.

Understanding the Basics of Grocery Store Labels

Duration: 1 Hour

Language: English/French

Learn more about the ABCs of grocery store labels. In this professional-led session, participants will gain valuable knowledge regarding the basics of carbohydrates, protein, fats, calories, vitamins and minerals. They'll also gain savvy grocery shopping tips while learning to eat healthy on a budget, making meal planning easy and more enjoyable.



Healthy Interactive Cooking Classes

Duration: 1 Hour

Language: English/French

Our interactive healthy cooking classes feature seasonal recipes that change throughout the year and are provided by registered dietitians, nutritionists and naturopathic doctors who offer additional tips, strategies, and tools to support healthy eating and mindfulness. Participants are provided with the recipe, shopping list, and instructions before the class, allowing them to prepare the menu alongside the facilitator.

The Connection Between Food and Heart Health

Duration: 1 Hour

Language: English/French

Discover ways to adopt a healthy lifestyle focusing specifically on heart health, including prevention and healing. Participants will gain knowledge and actionable steps regarding how food choices impact cholesterol, LDL, HDL, and triglycerides, in addition to understanding how to read food labels and menus so they can shop and eat out with limited stress.

Understanding Our Body's Natural Detoxification Process

Duration: 1 Hour

Language: English/French

Uncover the truth about exposure to toxic chemicals from pesticides on food, harmful substances in body care products, and pollutants in the air and water and how they can disrupt hormones and cause unwanted physical harm. A health professional shares tips for reducing exposure and supporting the body's natural detoxification processes to prevent potential disease and illness.

How To Naturally Prevent and Treat Headaches

Duration: 1 Hour

Language: English/French

Learn about different types of headaches and their causes to understand better how to manage them naturally vs. relying strictly on over-the-counter medications. A health professional will lead a discussion of the potential risk of overusing medication and provide advice to help participants prevent and treat headaches using natural ingredients and products.

How To Naturally Prevent and Treat Spring Allergies

Duration: 1 Hour

Language: English/French

In a discussion led by a health professional, fight the impacts of allergy season, like sneezing, wiping your nose, and feeling congested. Participants will learn why some people experience allergies, with tips for rebalancing immune systems to prevent and treat those annoying symptoms naturally.

Understanding the Basics of Supplements

Duration: 1 Hour

Language: English/French

Learn the ins and outs of supplements with guidance from a professional who leads participants through a detailed breakdown of the who, what, where, when and why of taking supplements. The discussion includes a better understanding of age-appropriate supplements, methods for intake and absorption, the benefits and why not all supplements are the same.



Navigating Diabetes and the A1C Test

Duration: 1 Hour

Language: English/French

This session led by a health professional can be catered to serve those at risk and newly diagnosed with diabetes or those newly diagnosed and pre-diabetic. Participants will better understand the A1C test, tips for healthy eating to improve blood sugar readings, navigating grocery shopping and dining out, and more.

Nutrition Basics for a Healthy Gut

Duration: 1 Hour

Language: English/French

A healthy digestive system can improve many areas of your life, including physical, mental and emotional well-being. In this session led by a health professional session, participants will discover how food choices and fluid intake affects digestion, including how lactose, sugar, alcohol, fiber, probiotics and physical activity impact gut health – and more.

Breaking Down How Stress Impacts the Body

Duration: 1 Hour

Language: English/French

Explore how stress impacts the body, focusing on adrenal glands and how cortisol impacts all aspects of health, from blood pressure regulation and energy to immune function and inflammation. Participants will also learn ways to cope with stress, gain resiliency through challenges, how to test stress hormone levels and what to do about imbalances.

Navigating Chronic Illness and Caregiving

Duration: 1 Hour

Language: English/French

Gain a deeper understanding of the physiological and psychological impact of living with chronic health conditions, including ways to manage and reduce the symptoms. Participants will also learn the role a caregiver provides to someone with a chronic or complex health condition, offer strategies to reduce burnout, practice self-compassion, and improve quality of life.

How To Incorporate Physical Health for Busy Lifestyles

Duration: 1 Hour

Language: English

A physical health routine is essential for overall health, stress reduction, and personal and professional sustainability. Led by a health and lifestyle coach with years of experience immersed in physical health activity and research, participants will learn how to make physical health more motivating and the constraints that keep them from being aligned with their physical health goals.

The Importance of Breast Health for Men and Women

Duration: 1 Hour

Language: English

Learn the importance of breast health with a session led by a naturopathic doctor. Participants will better understand which foods and lifestyle changes are crucial to optimizing breast health for both men and women, in addition to knowing what could decrease the risk of breast cancer and how to support breast health through better diet, nutrition, and the management of emotions.



An Introduction to Perimenopause, Menopause and Andropause

Duration: 1 Hour

Language: English

Get to know the signs and symptoms of menopause with a professional-led educational session built to create a better understanding and answer common questions and concerns. Participants will also learn about perimenopause and get advice for managing health and wellness, including how to talk about this important life phase within their personal lives and beyond.

Tapping into Menstrual and the Moon Cycles to Maximize Productivity and Energy

Duration: 1 Hour

Language: English

Discover how to tap into hormonal and moon rhythms (i.e. menstrual cycle or moon cycle) and leverage it as a superpower to enhance energy, productivity, efficiency and optimal benefits from nutrition and exercise. Participants will also learn to navigate and embrace hormonal imbalances and challenges during the reproductive and perimenopausal/menopausal years.

Talking to Children and Teens About Healthy Relationships

Duration: 1 Hour

Language: English/French

Healthy relationships are the foundation of good self-esteem and well-being. Children and teens learn by watching others around them, which often begins with the parents and adults around them. In this professional-led session, participants will learn how to talk to children and teens about healthy and unhealthy relationships while teaching skills to make friends, navigate social media and deal with dating.

Talking About Healthy Relationships and Sexuality as We Age

Duration: 1 Hour

Language: English/French

There are many misconceptions about getting older and having healthy relationships, which can lead to shame about sex and well-being. In this professional-led session, participants will dive deeper into valuable topics that lead to happier, healthier relationships, including navigating sexuality across the lifespan, sexual relationships after divorce or the death of a partner, how to talk to healthcare professionals about sex and more.

Meal Planning

Duration: 1 Hour

Language: English/French

In this interactive session, we explore how to plan nutritious meals that you and your family will enjoy and how to overcome real-life obstacles in implementing meal planning. Meal planning can save time and money and support your health goals. During the session, our professional will support participants in creating a take-home meal plan and shopping list for a week.



Fitness and Nutrition Myth Busting

Duration: 1 Hour

Language: English/French

Gain a better understanding of the health and nutrition space with evidence-based advice on what does and does not work. Our experts will explore the latest trends, including intermittent fasting, Keto and low-carb diets, hormone balancing, metabolism boosters, cleanses and more.

Peak Performance: Sports Nutrition

Duration: 1 Hour

Language: English

From novice to elite to Olympics, the course is led by the newest training from the IOC Sports Committee covering topics such as what to eat before, during and after recovery, the importance of hydration, carb loading and the dos and don'ts of supplements, and more. This session is relevant for any age and sport.

Food Is Medicine

Duration: 1 Hour

Language: English

In this session, participants will explore why diet is often underutilized as a factor in preventing and managing disease. It will cover the links between diet, weight loss, obesity, diabetes, heart, and metabolic health and discuss common misconceptions about various diets. Participants will also learn about the current research regarding recommended diets for overall health.



Mental Health and Well-being

Our mental health and well-being webinars provide practical tools and strategies to support employees in addressing common mental health issues, such as depression, anxiety, burnout, and more.



How To Manage Stress

Duration: 1 Hour

Language: English/French

Develop a deeper understanding of stress in a conversation led by a professional in the mental health field. Participants will explore the nature of stress, including “fight or flight” responses, how to change and improve thought patterns and how to healthily approach stressful situations. The webinar also explores tips for better time management and how to practice specific stress-relieving relaxation techniques.

How To Manage Anxiety

Duration: 1 Hour

Language: English/French

During this session, participants will begin by learning the difference between stress and anxiety. A professional in the mental health field will lead a detailed discussion about identifying individual triggers and responses to anxiety, including emotional and physical impacts and adopting new coping strategies to help reduce the anxiety response to stress and enhance mental well-being.

How To Identify and Prevent Burnout at Work and Home

Duration: 1 Hour

Language: English/French

In this webinar, a leadership coach or mental health counsellor will lead a discussion that outlines the differences between stress, anxiety, depression and burnout while exploring their impact. Additionally, participants will learn the warning signs of burnout and how to prevent it from occurring while providing practical ways to look after themselves and protect their energy in the workplace and beyond.

How To Identify and Prevent Caregiver Stress and Burnout

Duration: 1 Hour

Language: English/French

Learn what caregiver burnout is and how to navigate the complexities that can often impact individuals emotionally, physically and mentally. Participants will discuss caregiver stressors and discover coping strategies to positively impact their day-to-day operations, including building practical approaches to care for themselves and others.

Understanding the Importance of Self-Care

Duration: 1 Hour

Language: English/French

This webinar will support participants in reframing how we view self-care, not as a luxury but as an integral part of our overall health. With time-honoured techniques, participants will begin to explore what self-care is and how implementing regular self-care practices can support them both personally and professionally.



Managing Suicidal Ideation: Strategies for Prevention and Support

Duration: 1 Hour

Language: English

Participants in this webinar will focus on managing suicidal ideation, where a mental health professional will provide clear and practical strategies for individuals and/or loved ones struggling with intense thoughts. Topics covered in this webinar will include understanding the warning signs, intervening effectively, addressing underlying issues, recommending problem-solving skills and coping strategies, and more.

Processing Grief: Navigating the 5 Stages

Duration: 1 Hour

Language: English

Explore the stages of grief to gain a better understanding of its impact on the mind and body. Participants will learn how grief forms while discovering coping mechanisms and tips to help navigate the five stages of grief, including denial, anger, bargaining, depression and acceptance.

An Introduction to Establishing Healthy Boundaries

Duration: 1 Hour

Language: English/French

Understand the psychology of boundaries in a professional-led discussion that helps break down what defines healthy boundaries and why they are essential. Participants will also discover how to establish boundaries, including confidently navigating boundary discussions in their personal and professional lives.

The Psychology of Domestic Violence

Duration: 1 Hour

Language: English

A discussion led by a mental health professional that explores important topics covering the social, economic and legislative context surrounding domestic violence. This webinar will also cover domestic violence myths, the psychology of domestic violence and how to heal from trauma. Participants will walk away with resources for themselves and their loved ones.

The Psychology of Immigration and Integration

Duration: 1 Hour

Language: English

Discover the psychology of immigration and integration as we cover topics like change, transition, and transformation. This discussion led by a mental health professional, will also highlight life stories and tools, acculturation and coping strategies, and provide an inside look at real-world experiences to understand how we can support ourselves, our families, and our colleagues.



Overcoming the Stigmatization of Mental Health and Wellness

Duration: 1 Hour

Language: English/French

This session is led by a mental health professional and explores what it means to have optimal mental health and how to maintain it during stressful periods. It also covers how to constructively deal with life's natural mental health challenges when they appear. Participants will also gain a deeper understanding of mental disorders, including the stigma and how people recover from them.

Caregiver Support for Parenting Neurodiverse Children

Duration: 1 Hour

Language: English

Explore some of the challenges in parenting neurodiverse children, focusing on coping strategies and self-care for caregivers. Participants will also learn some benefits of adopting a neurodiverse-affirming parenting style and some practical tips for implementing this with children, teens and young adults.

Three Key Habits for Men's Mental Health and Wellness

Duration: 1 Hour

Language: English/French

In this engaging session, a professional facilitator shares essential habits to support men in living with more clarity, confidence, and purpose. Focusing on authenticity, participants will discover how to seek clarity and identify what's most important in their lives. They will walk away with new compassion, connection, and a stronger sense of mental health and well-being.

Understanding Women's Mental Well-being

Duration: 1 Hour

Language: English/French

Explore the unique challenges women face and strategies to enhance well-being. This includes the impact of societal pressures, hormonal changes, and life transitions such as pregnancy, motherhood, menopause, and parental caregiving on mental health. The session provides a safe space for sharing experiences and discussing coping mechanisms, self-care practices, and the importance of seeking professional help.

A Guide to Self-Regulation Strategies

Duration: 1 Hour

Language: English/French

This session discusses the patterns and behaviours that can disrupt one's overall well-being. Participants will draw from their own experiences of how, when, and where they can be courageous. At the same time, a health professional provides strategies to help improve one's capacity to regulate oneself and learn to respond to any situation with patience, compassion, and fortitude.



Workplace Well-being

Our workplace well-being webinars cover various topics that help employees gain essential skills to foster a healthy, productive, and inclusive workplace that ensures success for all.



Coping With Grief and Loss in the Workplace

Duration: 1 Hour

Language: English/French

In this webinar, a professional will address the grieving process and sudden loss's emotional, physical, cognitive, and behavioural impacts. Additionally, participants will discuss navigating the complexities of managing grief in the workplace, including coping strategies and accessing various resources when needed.

Managing Conflict Resolution in the Workplace

Duration: 1 Hour

Language: English/French

This webinar aims to help leaders and their teams improve communication styles and patterns when managing workplace conflicts. The professional-led session will cover key communication strategies, including nurturing trust and respect when navigating open dialogue, common communication mistakes people make, tips for conflict resolution, and much more.

How To Manage Emotions in the Workplace

Duration: 1 Hour

Language: English/French

Discover how to better manage emotions in the workplace with recommendations built to last. This website is designed to help participants identify emotions, get to know them more intimately and develop strategies and techniques to help them manage their feelings in the workplace.

How To Achieve Work/Life Balance

Duration: 1 Hour

Language: English/French

Winning in business can't be done at the expense of our health. In this webinar, participants will better understand work/life balance and how to achieve it in today's busy workforce. A professional leads a conversation covering various topics, including how to outline personal and professional priorities, identify areas of improvement and explore insights and strategies to bring separation and balance between work and personal life.

Fostering Psychological Safety Toward an Inclusive Workplace

Duration: 1 Hour

Language: English/French

Participants will explore the importance of psychological safety and how it directly relates to creating inclusive and diverse workplaces. Some topics covered include improving communication and listening skills, tips for building better trust and understanding among team members, and how to react effectively and respond constructively to emotions.

Leadership Impact on Psychological Health and Wellness in the Workplace

Duration: 1 Hour

Language: English/French

In this webinar, a professional will provide an overview of the current workplace mental health landscape to learn, identify and provide appropriate assistance to employees who are struggling, as well as discuss the strategies required to safeguard and improve the psychological safety and wellness of all employees, including that of leaders and managers.



Dismantling Anti-Asian Racism

Duration: 1 Hour
Language: English

This webinar aims to allow participants to learn the history and impacts of anti-Asian racism in North America. In addition, it will help participants understand and unpack its impacts on the Asian community, recognize how our biases can impact others, and how to be an ally to promote change in the community.

Dismantling Anti-Black Racism

Duration: 1 Hour
Language: English/French

Learn about anti-Black racism in an educational webinar to better understand how racism can unconsciously manifest in general and organizational relations. Participants will discover how implicit bias has shaped social behaviours, society, and our institutions and walk away with the ability to apply learnings to change systemic barriers.

Building Better 2SLGBTQ+ Allyship and Workplace Support

Duration: 1 Hour
Language: English/French

Discover what it means to be a 2SLGBTQ+ ally by showing up beyond Pride month. Participants in this webinar will explore the challenges the 2SLGBTQ+ community faces globally and in today's workforce while discussing how to provide authentic support by overcoming people-pleasing tendencies and perfectionism.

Navigating Neurodiversity in the Workplace

Duration: 1 Hour
Language: English

Explore neurodiversity while better understanding what success looks like in the workplace for those living with neurodiversity. In addition, this webinar provides practical strategies and recommendations for leaders and colleagues looking to improve support for neuro-diverse folks with a focus on neuro-inclusive perspectives.

An Introduction to Change Management

Duration: 1 Hour
Language: English/French

Built for leaders who want to support their teams through times of change, this webinar will help participants feel less overwhelmed by organizational change with tips for guiding employees through transition using a structured, step-by-step approach developed through decades of research. Successfully leading change is a systematic process. This professional-led discussion will provide a strategic approach to managing the business and human side of change.

An Introduction to Financial Management Principles

Duration: 1 Hour
Language: English/French

Learn how to manage your money better while focusing on what financial means and how to achieve it to build long-term goals and success. This discussion led by a financial advisor, will cover the basics of money management, including identifying and addressing financial barriers, debt payoff planning, emergency funds, breaking bad habits, and goal setting for future security.



Retirement: What to Expect and How to Prepare for It

Duration: 1 Hour
Language: English

A transformative webinar designed to guide participants through the challenges and opportunities of retirement. Discover strategies to nurture mental health, redefine identity, and find purpose and fulfillment in a new phase of life. Participants will also explore the power of self-discovery and social connections as they embark on personal growth and well-being.

Time Management for Personal and Professional Well-being

Duration: 1 Hour
Language: English/French

Time management is essential for productivity, managing stress and maintaining optimal mental health in the workplace. In this webinar, a professional leads a discussion on the common barriers to effective time management and solutions to overcome those barriers and improve time management to reduce stress, increase confidence and enhance well-being at work and home.

How To Develop a Growth Mindset

Duration: 1 Hour
Language: English/French

Discover the value of developing a growth mindset in the workplace and beyond. Participants in this webinar will learn how to adopt a growth mindset, empowering them to find the potential benefit concealed within any adversity they face. Other topics covered include the benefits of a growth mindset and examples of how it can improve mental health, relationships, and leadership skills.

An Introduction to Public Speaking and Presentation Skills

Duration: 1 Hour
Language: English/French

Learn how to build and improve presentation and public speaking skills with ease. In this powerful training seminar, our speaker will share their knowledge about giving an effective presentation by shaping your message for power and clarity, including knowing how to confidently command a room, ways to keep an audience engaged, and much more.

Ikigai: Find Your Life's Purpose

Duration: 1 Hour
Language: English/French

In this webinar, a professional guides participants through the powerful model of Ikigai to discover how combining what you love with what you are good at can reveal your true "calling" and make a meaningful impact on the world. Participants will also explore how to discover life's mission, passion, profession, and vocation through a series of questions that help to build the Ikigai framework and exercises that ultimately guide folks on how to build a joyful career and life.



DEI Basics: What is Diversity, Equity, and Inclusion?

Duration: 1 Hour

Language: English

This interactive session provides a comprehensive understanding of DEI concepts and their importance today. Discover the fundamental principles behind DEI and learn how to foster an inclusive environment in your personal and professional life. We will share insights, experiences, and practical tips to help you navigate the challenges and opportunities that arise when embracing diversity.

Understanding D.I.S.C. Personality Styles

Duration: 1 Hour

Language: English

In this eye-opening and entertaining webinar, participants will learn the different D.I.S.C. personality styles, their strengths and areas of opportunity, and how to live and work more effectively with those around them.

7 Mindsets of Success

Duration: 1 Hour

Language: English

Success is subjective and influenced by mindset. In this session, participants define what success means to them as they explore and learn about the seven mindsets of success: stabilizer, simplifier, idea generator, perspective, completer, and dreamer.

Building A High-Quality Team

Duration: 1 Hour

Language: English/French

Good employees can become great when the leader fosters a culture of accountability, collaboration, and unity. Discover how to create a winning culture and help each team member play their part. This session will elevate your team and help them become an exceptional group that works well together.

Motivating Your Team for Success

Duration: 1 Hour

Language: English/French

In this transformative seminar, participants will learn powerful strategies to increase employee engagement, retention and performance to help them deliver the best results while enjoying the journey.

Leading With Authenticity

Duration: 1 Hour

Language: English/French

Learn how to determine your leadership style in a professional-led session covering authentic leadership tactics, including interactive brainstorming, reconnecting with your particular or preferred style, and more.



Returning to Work After Baby

Duration: 1 Hour
Language: English

This session, led by a labour and delivery registered nurse, is created for parents transitioning from parental leave back to the workplace and designed to provide guidance and support through the transition and potential struggles of balancing work and home life as new parents. Navigation of separation anxiety, sleep routines, feeding changes and bottle weaning, handling sick days, and more.

Wellness for Professionals

Duration: 1 Hour
Language: English

This interactive webinar explores topics of burnout and compassion fatigue that impact individuals whose work is very client-facing/client-centric. Participants will learn how to prioritize wellness and undertake self-care practices that will improve their performance and quality of work. It also helps managers, coordinators, and/or directors better support staff through practices and policies that promote the holistic well-being of staff and benefit the health and growth of organizations.

A Guide to Conscious Communication

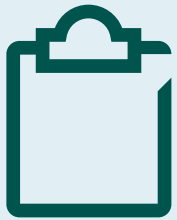
Duration: 1 Hour
Language: English/French

Conscious communication is an approach to workplaces where everyone feels seen, heard, and acknowledged. This session will focus on embodying key behaviours such as curiosity, compassion, introspection, personal accountability, appreciation, respect, an open mind, and support. Participants explore these principles and will learn how to enhance their communication skills in a supportive environment.

How To Combat Imposter Syndrome

Duration: 1 Hour
Language: English/French

Participants gain insights into practical strategies for overcoming imposter syndrome, building confidence and leveraging their unique strengths and experiences. The session aims to empower individuals to recognize their values and achieve their full career potential.



Training and Other Offerings for Leaders

Our interactive training sessions are built for those in leadership roles to help guide and shape better health and well-being outcomes in the workplace.



Training and Other Offerings for Leaders

How To Address Substance Use and Mental Health in the Workplace

Duration:
Half Day or Four Individual One Hour Sessions
Language: English

An interactive training series for leaders provides guidelines for supporting those struggling with mental health and/or substance use/misuse in the workplace. It guides leaders through best practices, provides resources, and allows them to feel more comfortable supporting employees who may be struggling.

This training is provided in four unique modules that can be conducted as a half-day or four individual one-hour sessions and includes the below topics:

- Session 1:** Awareness
- Session 2:** The Role of The Leader
- Session 3:** Performance Coaching
- Session 4:** Building a Bridge to Help

Building Emotional Intelligence in the Workplace

Duration:
Half Day or Four Individual One Hour Sessions
Language: English

A detailed and professional-led training that will work to increase your team members' emotional quotient (EQ), helping them improve self-awareness, self-management, social awareness, and relationship management.

This training is provided in four unique modules that can be conducted as a half-day or four individual one-hour sessions and includes the below topics:

- Session 1:** Emotional Awareness and Regulation
- Session 2:** Self-Management and Getting to Know Your Inner Critic
- Session 3:** Listening to Your Team and Building Awareness
- Session 4:** Creating Agreements to Improve Workplace Culture

Conflict Resolution Training

Duration:
Half Day or Four Individual One Hour Sessions
Language: English

Dive deeper into the psychology of how to resolve conflict in the workplace. In this interactive series, a professional trains leaders on how to approach and resolve conflict with a systematic method. Participants will learn to identify, avoid, resolve and support others in a neutral role and environment.

This training is provided in four unique modules that can be conducted as a half-day or four individual one-hour sessions and includes the below topics:

- Session 1:** Recognizing Conflict
- Session 2:** Theoretical Understanding of Conflict
- Session 3:** Approaches to Resolving Conflict
- Session 4:** Practical Steps to Mediation



Leadership Impact on Mental Health in the Workplace – Supporting Employees (Leaders)

Duration: 1.5 Hours

Language: English

In this 90-minute interactive session, our psychologist will equip leaders with strategies to support their teams and themselves. This session will provide a detailed step-by-step way to respond to (support) a distressed team member, including the challenge of giving our full attention and how to be a good listener, the art of expressing empathy, building a bridge to help, what we can (and can't) do to help, clarifying confidentiality parameters and managing our own emotions. This session will provide participants with an opportunity for role play and questions/answers

Workplace Mediation

Duration: Request for more information

Language: English/French

These two sessions can mediate conflicts resulting from bullying/harassment or discrimination, interpersonal conflict, communication breakdown, performance decline or cultural misunderstandings.

Facilitative Workplace Mediation

How It Works: In this format, our professional mediation facilitator creates a safe space for productive conversation between the people/teams involved in the conflict. The mediation facilitator first meets with each person/team involved in the conflict to fully understand their perspective, needs and goals. Following these meetings, the facilitator brings all stakeholders together to define the issue – not rehash the past. Each party has an opportunity to be heard and understood, followed by brainstorming potential solutions as a team. The session concludes with a commitment to the next steps and a plan to move forward agreeable to all parties.

Dispute Resolution for the Workplace

How It Works: This model is most effective for long-standing disputes, where the parties are firmly entrenched in their views or when teams that need to collaborate are in unhelpful conflict. Our professional mediation facilitator will clarify the goals and process and establish ground rules in this format. The mediator provides an initial evaluation and suggested direction for the meeting and will firmly guide the discussion about solutions moving forward. Finally, the facilitator will document the proceedings and provide a report on the outcome of the mediation session.



How To Develop Cultural Competence

Duration:

Full Day/ Half Day Training or Eight 1 hr Sessions

Language: English

This eight-session training series examines cultural competency and encourages participants to reflect on their beliefs and aspirations about cultural competence. It explicitly addresses cultural competency as it relates to historically oppressed groups, including First-Nations Peoples, Diverse Types of Families, Women, 2SLGBTQ+ Peoples and Older Adults.

Session 1: Culturally Competent Perspectives

Session 2: Cultural Awareness and Cultural Competence

Session 3: Knowledge Acquisition and Skill

Session 4: Cultural Competence with First-Nations

Session 5: Cultural Competence with African

Session 6: Cultural Competence with Diverse Types of Families

Session 7: Cultural Competence with Lesbian, Gay, Bisexual and Transgender Persons

Session 8: Cultural Competence with the Older Adult