

# Staff Wellness and Health Booster Sessions Winter and Spring 2023



With the changes that have taken place in our world over the past couple of years, we have all had to adapt to changes in our workplace, our homes and with our social connections. These changes can sometimes feel overwhelming.

To support health system workers, Mental Health and Addictions, Shared Health have brought together skilled trainers from across the province to facilitate a series of Staff Wellness and Health Booster Sessions.

The sessions are short, timely and relevant presentations designed to fit into busy schedules. Topics will include stress management, self-care and dealing with uncertainty. All Booster Sessions will be recorded and made available as a streaming video on demand.

## Presenter

**Carmel Watson, Organizational Assistance Specialist — Manitoba Blue Cross**

Carmel has acquired over 20 years of clinical experience while working in the non-profit, health and government sectors. She is experienced in providing individual, group and family therapy as well as crisis intervention. Carmel is also a well-established presenter of mental health and well-being topics and is skilled at consulting with senior leaders in the development of solutions to support the wellness goals of many organizations. She completed her Master of Marriage and Family Therapy degree at the University of Winnipeg and is a member of the Canadian Association of Marriage and Family Therapy.



## February - Preventing Burnout by Completing the Stress Cycle

Everyone experiences stress at one time or another. It might be something as simple as a looming deadline or as emotional as the death of a loved one that triggers your stress levels. No matter the cause, many people who deal with a stressful situation will go through the stress response cycle. While there's no one way to manage stress, completing this natural sequence of steps can help you cope with your situation healthily and prevent burnout. During this 3-part series, we will explore several research-based ways to help complete the stress cycle and manage your body's response to a tense situation.

### Live Sessions:

[Part 1 — Tuesday, February 14, 12 p.m.](#)

[Part 2 — Tuesday, February 21, 12 p.m.](#)

[Part 3 — Tuesday, February 28, 12 p.m.](#)

### Rebroadcasts:

[Part 1](#)

[Part 2](#)

[Part 3](#)

Click links for further information on rebroadcast dates and times

## March - Co-creating Healthy Teams

Better productivity, reduced absenteeism, and increased morale – these are just some of the benefits of a healthy team. In this session, we'll define what a healthy team is, how to create a healthy team and the difference it makes when you engaged employees and co-create this healthy team. We'll explore practical strategies that you can use to transform your team's working environment and tools to keep that team thriving.

### Live Session:

[Wednesday, March 22, 12 p.m.](#)

### Rebroadcasts:

[Sunday, March 26, 3 p.m.](#)

[Tuesday, March 28, 3 p.m.](#)

[Friday, March 31, 12 p.m.](#)

## April - Post-Traumatic Growth

During this 2-part series, you will be introduced to the concept of Post-Traumatic Growth. This is not merely a bouncing back to the level of functioning prior to a trauma, but rather a sense of growth beyond pre-trauma functioning. In the first part of the series, we will learn more about Post-Traumatic Growth and the stress response, and in the second part, we will identify ways you can enhance this growth and nurture the changes you've experienced.

### Live Sessions:

[Part 1 — April 5, 12 p.m.](#)

[Part 2 — April 18, 12 p.m.](#)

### Rebroadcasts:

[Part 1](#)

[Part 2](#)

Click links for further information on rebroadcast dates and times

## May - What is My Tendency?

The Four Tendencies describe four different personality types based on response to expectations, both internal (the expectations you have for yourself) and external (the expectations other people have for you). This fun session is based on the book [The Four Tendencies by Gretchen Rubin](#). Discovering which tendency best describes you, can help you better understand and interact with others, discover your personal strengths and weaknesses, and change the dynamics at home and at work.

### Live Session:

[May 16, 12 p.m.](#)

### Rebroadcasts:

[Friday, May 19, 3 p.m.](#)

[Sunday, May 21, 3 p.m.](#)

[Thursday June 1, 12 p.m.](#)