



DUNK & ASSOCIATES SYSTEMS24-7

CREATING
HEALTHY
WORKPLACES



Workplace **EVOLUTION:** **A Safe Mental Health Culture**

Workplace culture has a significant impact on whether a company is able to accomplish its most significant goals. Poor mental health in the workplace costs employers thousands of dollars each year. Creating positive workplace cultures needs to be a goal of every employer across Canada. Employees should feel that their workplace is a safe space and they should be comfortable discussing mental health issues with management. But where do we start?

This six-part workshop series takes place over 6 weeks via webinar. During each 90-minute session, we will build the foundations needed to change workplace culture and provide leadership with the required skills to gain trust and confidence from their workers. This is not a theory-based course. You will be provided with tools, activities and tasks to actually evolve your culture. The best lessons learned are the ones you share; At the end of the series, Dunk & Associates is providing a “trainer-led” program for you to roll out to your own workplace.

Learn more and register:
www.systems24-7.com

JOIN US VIA WEBINAR

This six week series will focus on **leadership development** and **building supervisor competencies**. Only 100 spots are available.

COST TO PARTICIPATE

\$750.00 per learner/per connection. Includes all 6 sessions.

As many learners as needed can attend from one connection.
A certificate will be provided to the group or attendee.
All sessions must be attended to receive a certificate.

Understanding
your Current
Workplace
Culture

FEBRUARY 21 | 1-2:30pm

Mental Health in
the Workplace

FEBRUARY 28 | 1-2:30pm

Dealing with Toxic
Behaviours,
Harassment and
Mental Stress

MARCH 7 | 1-2:30pm

Having the
Difficult
Conversation:
Helping Those in
Crisis

MARCH 14 | 1-2:30pm

Accommodation
Before Claim:
Building Your
Prevention
Program

MARCH 21 | 1-2:30pm

Putting it to
Practice

MARCH 28 | 1-2:30pm

Workplace EVOLUTION:

A Safe Mental Health Culture

Session 1: Understanding your Current Workplace Culture

Date: Thursday, February 21, 2019 | 1:00pm-2:30pm

Experience the tools needed to assess your workplace culture and identify barriers and perceptions. We will work together to define measurable goals, values and instill new beliefs in your organization. Activities provided will entrench a new culture of “safety” for mental health.

Session 2: Mental Health in the Workplace

Date: Thursday, February 28, 2019 | 1:00pm-2:30pm

Mental health concerns are real medical conditions. In session two, we will work to eliminate the stigmatized culture, identify the psychological hazards, learn the needed controls, and evolve your culture.

Session 3: Dealing with Toxic Behaviours, Harassment and Mental Stress

Date: Thursday, March 7, 2019 | 1:00pm-2:30pm

Can you identify the toxic behaviours common in your workplace? As leaders we know that behaviour and attitude are two of the toughest things to change. So how do we deal with these behaviours? How do we intervene and de-escalate before toxic behaviours seep into our culture? In session three, we will discuss some of the common toxic behaviours found in the workplace, and how we can identify, control and eliminate them.

Session 4: Having the Difficult Conversation: Helping Those in Crisis

Date: Thursday, March 14, 2019 | 1:00pm-2:30pm

Soft skill training for leaders is missing in most workplaces. In this session, we will apply soft skills to approach/help those in crisis and have the important, difficult conversation. Through activities, we will practice effective listening, two-way communication, understanding body language, providing feedback and building trust.

Session 5: Accommodation Before Claim: Building Your Prevention Program

Date: Thursday, March 21, 2019 | 1:00pm-2:30pm

Successful workplace programs focus on prevention rather than reaction. Part of evolving a positive mental health culture is learning how to understand the steps of accommodation before it becomes a claim. Our tool kit for this session includes accommodation for mental health, developing a prevention program and how to manage a claimant and the return to work process.

Session 6: Putting it to Practice

Date: Thursday, March 28, 2019 | 1:00pm-2:30pm

In the concluding session of our six-part series, we hit the pavement and apply our new skills. Meeting the goals of session 1; map our success, document our improvement and move forward in your workplace. In addition, we will show you how to use the Dunk & Associates trainer delivery program so you can begin rolling out this training to your own supervisors, managers and employees to entrench a positive mental health culture into your organization. The EVOLUTION has begun!



Workplace EVOLUTION:

A Safe Mental Health Culture



Registration

Company Name:	<input type="text"/>		
Mailing Address:	<input type="text"/>		
Billing Contact:	<input type="text"/>	Email:	<input type="text"/>
Billing Phone Number:	<input type="text"/>	Extension:	<input type="text"/> Fax: <input type="text"/>

Cost to Participate

\$750.00 per learner/per connection. As many can attend from one connection as required. Price includes all six sessions.

Number of connections:	<input type="text"/>	x \$750 =	<input type="text"/>	+ HST
Attendee Name:	<input type="text"/>	Email:	<input type="text"/>	
Attendee Name:	<input type="text"/>	Email:	<input type="text"/>	
Attendee Name:	<input type="text"/>	Email:	<input type="text"/>	
Attendee Name:	<input type="text"/>	Email:	<input type="text"/>	

You will be invoiced within 30 days of receipt.
Registration and access instructions will be emailed at the beginning of February, 2019.

Certificates

Please note: A certificate will be provided to those who attend 6/6 sessions. Certificates will be provided to either the group or the attendee.

Benefits of Registering

- Gain a better understanding of your current culture and where you need to improve.
- Leave with real, measurable goals and objectives in place to evolve your workplace mental health culture.
- Certificate of successful completion to those organizations who attend 6/6 sessions.
- Trainer delivery program to roll out to your own managers, supervisors and employees to share what you have learned and change your workplace culture.
- Tools and resources, such as posters and toolbox talks, to support each session and your future trainer delivery program.
- Activities to enhance your learning and challenge your current culture.
- Opportunities to ask questions and network with others participating in the online webinar.

Other Services

Select below if you would like to receive more information about our other products and services:

- ☐ Health & Safety Consulting ☐ Online Training
☐ Human Resources ☐ On-Site Visits ☐ Wellness
☐ Systems 24-7 Online Platform ☐ WSIB Safety Group

Monthly Newsletter

Would you like to be added to our monthly newsletter to receive more information about other learning opportunities, such as our complimentary monthly webinars?

- ☐ Yes, please add me.

Send your completed registration forms to info@systems24-7.com or by fax to 705-731-4980