

HWHP Workshop Series: “Be a Wellness Leader”

“I was having a bad day. Nothing went right and I felt ineffective, unappreciated, and unprofessional. But the next day I decided “no more!” That day was the beginning of my wellness leadership .”

This workshop series is designed to support individual wellness initiatives. We take a modified “train-the-trainer” approach that shows you how to grow and share your wellness vision.

Workshops or Modules in the Series

1. Basics of Health, Wellness, and Stress

- Hazards and risks, trends
- Strengths of the sector
- The Helping Cycle
- Your wellness and your performance
- Basics of leadership: micro-level leadership
- Resources
- Planning for Action

2. Self-Care for Helping Professionals

- The self-care process: assessing, goal setting and planning
- Designing a personal health and wellness plan
- Overall strategies: yoga, meditation, diet, exercise, journaling
- Balancing work and life
- Planning for Action

3. Building Healthy Work Relationships

- Supervisors
- Co-workers, mentorships
- Family and friends
- Other professionals
- Planning for Action

4. Making the Most of Wellness Resources

- Agency resources: sick leaves, absence, health benefits, vacation
- Benefit provider resources
- Educational resources
- Professional resources (training, conferences, workshops)
- Planning for Action

5. Communication for Health and Wellness

- Storytelling and writing: shaping wellness messages
- Discussing tough wellness issues
- Communicating with supervisors
- Using social media
- Planning for Action Certificate

For more information contact Be a Wellness Leader at info@hwhp.ca.



Variable formats (charges per person):

- 3-Hour Overview (\$10)
- 8-Hour Day Long (\$50)
- 15-Hours (5 workshops with leadership extra credit hours) (\$75)

