

CORPORATE WELLNESS WORKSHOPS

□ Time Management

Everything today seems to be a “high priority” and there is “never enough time”. Learn about managing your time rather than having time managing you. How to keep balance in your life and have less stress.

□ Problem Gambling and Its' Effects

Learn about the gaming and problem gambling. Adults and teenagers are becoming more involved in gambling than ever before in Canada. What is the impact on individuals and families? If you or someone you know has a problem with gambling, there is free help available. Come and hear about the prevention strategies included within BC's Problem Gambling Program.

□ Issue Management

Learn effective strategies to resolve problems before they create conflict in the workplace. Focus is on realizing viable solutions and effective issue management prevention.

□ Removing Roadblocks to Effective Communication

Everyone appreciates being heard and understood. Learning effective communication skills and techniques will enhance the process to “make it happen”. This workshop will provide you with the tools for effective communication and will examine ways to help you better understand others.

□ Stress Awareness and Management

This workshop will focus on providing information on stress and how it can affect us both mentally and physically. It will examine factors that may be creating stress for you in your workplace and will provide a strategy and techniques for stress management.

□ Commonly Diagnosed Childhood Disorders and Interventions

This workshop will take a brief look at the most commonly diagnosed childhood disorders as they pertain to school aged students. Focus will be on diagnostic criteria, commonalities and intervention strategies. This is an open-ended workshop with time for personal interaction and questions.

□ Relaxation Through Hypnosis

Relaxation reduces stress, anxiety, fear of change, defensiveness, provides us with a sense of empowerment and just generally helps us feel better physically, emotionally and mentally. Clinical hypnosis is a therapeutic tool used to help individuals to focus their attention on positive, helpful experiences. In this workshop, we will use hypnosis to focus on and amplify the experience and benefits of relaxation in our daily lives.

□ Grief and Loss

Loss is a universal and unavoidable life experience. We experience loss in many different ways throughout our lives. The grief that accompanies a loss is normal, natural and one of our most powerful emotions. It is also one of the most neglected and misunderstood emotions experienced by both the griever and those around them. In this workshop, we will discuss grief and how necessary and important it is for healing and growth in our lives.

□ Understanding Anger

This workshop will focus on teaching participants about the different forms of anger and how they can negatively impact your life. Learn strategies to reduce the affects of anger on your emotional state; learn how to control anger and not let it control you.

□ Enhancing Self-Worth

This workshop looks at what is self-worth? How do you get it? Why do you need it? How can you change negative thinking patterns to increase your self-worth, reduce your stress, and increase your sense of well being?

□ Be Assertive, Be Healthy

Learn how to speak assertively and how to utilize this skill to set clear and healthy limits in your life. This workshop will focus on providing information on stress and how it can affect us both mentally and physically. It will examine factors that may be creating stress for you in your workplace and will provide a strategy and techniques for stress management.