



Workplace Strategies for Mental Health for Managers & Leaders

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We believe that having the right strategy in place can have positive outcomes.

We have sourced specific tools around psychologically safe communications. These practical resources are available to be used by you personally or with your team.

The Workshop Topics include;

- Conflict, bullying, harassment
- Emotional intelligence and resilience
- Engagement and culture
- Inclusivity and discrimination
- Performance
- Policy and prevention
- Research and reports
- Retirement
- Return to work and accommodation
- Team development
- Work-life balance
- Workload management
- Workplace mental health

Here are 5 module manager training that you may want to share;

- **Supportive Conversation Library :**
<https://www.workplacestrategiesformentalhealth.com/resources/supportive-conversation-library>
- **Emotional Intelligence for Leaders:**
<https://www.workplacestrategiesformentalhealth.com/resources/emotional-intelligence-for-leaders>
- **Emotional Intelligence for Employees:**
<https://www.workplacestrategiesformentalhealth.com/resources/emotional-intelligence-for-employees>
- **Helping Troubled Coworkers:**
<https://www.workplacestrategiesformentalhealth.com/resources/helping-troubled-co-workers>
- **Assessment Tools:**
<https://www.workplacestrategiesformentalhealth.com/resources/Assessments-tools-and-workshops>