

WELLNESS WORKSHOPS

Our in-person seminars and workshops provide employees with an opportunity to learn more about personal health issues.

Achieving Balance

Not enough time, and juggling work and family responsibilities can be a challenge. It is important to recognize that facets of our work and home life are in a constant state of ebb and flow. This workshop will leave you with valuable tips to help you boost resilience for a healthier life!

Commit to be FIT

The top three reasons why people don't exercise are ... no time, no energy and no motivation. Yet the paradox is... those who are active claim to have more time, more energy, and increased motivation. Learn how you can overcome these barriers and get started on better health and well-being.

Go for the Goal: Goal Setting Guide

If you don't know where you are going, how will you know when you get there? Success in life is all about setting and striving for important life goals. Learn techniques to help you determine what is important and how to reach your goals, one step at a time.

Habits of Highly Well People

This workshop focuses on the 7 habits that contribute to a "high performance lifestyle" and how these factors are important contributors to stress management. The 7 habits discussed are: getting adequate sleep, eating breakfast, connecting socially, managing stress, being physically active, eating fruits and vegetables and practicing gratitude.

Healthy Eating & Meal Preparation

This workshop discusses healthy eating principles and includes tips to structure and plan quick and nutritious meals.

Healthy Workplace Relationships

This workshop helps encourage the development of positive workplace relationships by providing an overview about communication, acceptance, mindfulness, positivity and boundaries.

Introduction to Mindfulness

This workshop includes a beginner overview on the topic of mindfulness and its benefits, as well as strategies to incorporate this practice into daily life with examples of different types of mindfulness meditations.

Mindful Eating

Mindful eating is a strategy that will help you get in touch with your eating habits and allow you to savour each bite. You will learn how mindfulness can help you grocery shop, cook and eat in a way that moves you towards better health!

Nutrition Trends in the Media

Gluten-free, omegas and detox, oh my! This workshop discusses a variety of popular nutrition topics in the media today and separates fact from fiction.

Sit Like a Pro: How to improve your posture and reduce your risk of low back pain

Most of us spend the majority of our day sitting at our desk in front of our computer. While we can't always leave our desks, we can make our workspace more functional and comfortable. Making minor adjustments to your daily routine will reduce aches, pains and risk of injury and improve your health, energy and performance. You will learn tips to reconfigure your workstation, how to improve your posture for maximum comfort, and the best exercises and stretches to improve posture and back health.

Sleep Sense

The need for good sleep hygiene cannot be overstated as sleep affects our ability to function optimally and fight diseases. Find out how lack of sleep can affect your health and learn practical tips to help you sleep soundly!

Stress Management

Learn how stress can be both positive and negative, helpful tips to manage stress levels (specifically during the holiday season if this workshop requested during that time of year!) and some skills to increase individual resilience when faced with stress.

The Power of Positivity

Certain personal attributes such as optimism and emotional vitality can manage or help people avoid diseases such as depression and heart disease. Find out strategies to help you think positively, bring happiness into your life and be healthier!

Your Brain on Food - The Connection between Nutrition and Mental Health

This workshop outlines the rising field of Nutritional Psychology, the gut-brain connection and discusses current suggestions for healthy eating that can affect mental health.