



PEOPLE



Over
45 mins

FREE

Take care of those providing care: Psychological health and safety in Canadian healthcare settings - mentally healthy workplaces benefit patients and healthcare workers alike

<http://www.mentalhealthcommission.ca/English/media/3733>

Content: Healthcare settings can be particularly challenging environments. Many healthcare workers have heavy workloads, significant pressures and a lack of time and resources to adequately do their jobs. Stress, anxiety, depression, burnout, compassion fatigue and substance misuse are common workplace-related conditions. Ensuring the wellness of this workforce is critically important to ensure quality and safety care. What can organizations do to help address mental health and wellness in this unique work setting? This webinar outlines the unique challenges this sector faces and some of the innovative programs that are being implemented across Canada.

Presenting Organisation: Mental Health Commission of Canada

The Mental Health Commission of Canada (MHCC) leads the development and dissemination of innovative programs and tools to support the mental health and wellness of Canadians. Through its unique mandate from the Government of Canada, the MHCC supports federal, provincial, and territorial governments as well as organisations in the implementation of sound public policy.

Presenter/s: Jennifer Kitts, HealthCareCAN
Wolf Klassen, Michael Garron Hospital
Christine Devine, Michael Garron Hospital

Date: 29-Jun-2016

Related Resources:

http://www.mentalhealthcommission.ca/sites/default/files/2016-07/workplace_webinar_june_2016.pdf



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Understanding, managing, and preventing workplace bullying

<https://youtu.be/5DliocY6Ygo>

Content: Bullying behaviour can have an impact on fellow employees and the organisation as a whole. Specific, integrated, and easy-to-implement strategies that address the root causes of workplace bullying are explored. Using these strategies will help create a more respectful, productive, and psychologically healthy work culture.

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Presenter/s: Donna Marshall, BizLife Solutions

Date: 24-Feb-2016

Related Resources:

http://www.mentalhealthcommission.ca/sites/default/files/february_workplace_webinar.pdf



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15-45
mins

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Building workplace resiliency

<http://www.mentalhealthcommission.ca/content/webinar-24-building-workplace-resiliency>

Content: Resilient individuals are able to adapt quickly and deal with a variety of difficult situations in a calm and rational manner. This is an increasingly important concept in today's workplace because building and maintaining the mental resiliency of a workforce yields a more productive and successful workplace environment.

Presenting Organisation: Mental Health Commission of Canada

The Mental Health Commission of Canada (MHCC) leads the development and dissemination of innovative programs and tools to support the mental health and wellness of Canadians. Through its unique mandate from the Government of Canada, the MHCC supports federal, provincial, and territorial governments as well as organisations in the implementation of sound public policy.

Presenter/s: Karen Seward, SCM Health Solutions

Date: 25-Nov-2015

Related Resources:

http://www.mentalhealthcommission.ca/sites/default/files/webinar-24-building-workplace-resiliency_0.pdf



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Depression and anxiety disorders are the most common mental health problems in Canada and the fastest growing category of disability costs for Canadian employers

<http://www.mentalhealthcommission.ca/English/content/webinar-19-depression-and-anxiety-workplace>

Content: Depression and anxiety disorders are the most common mental health problems in Canada and the fastest growing category of disability costs for Canadian employers. These disorders affect the individual, their family, friends and co-workers. Beyond the human cost, unaddressed mental health problems and illnesses in the workplace have a significant impact on productivity and the bottom line. What can employers do to create mentally healthy workplaces and support their employees?

Presenting Organisation: Mental Health Commission of Canada

The Mental Health Commission of Canada (MHCC) leads the development and dissemination of innovative programs and tools to support the mental health and wellness of Canadians. Through its unique mandate from the Government of Canada, the MHCC supports federal, provincial, and territorial governments as well as organisations in the implementation of sound public policy.

Presenter/s: Julie Holden, SEB Benefits & HR Consulting Inc.

Date: 29-Apr-2015

Related Resources:

http://www.mentalhealthcommission.ca/sites/default/files/2015-04-29_workplace_webinar_-_eng_-final_0_0.pdf



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Respect matters - building a culture of respect in the workplace

<http://www.mentalhealthcommission.ca/English/video/66186/mhcc-workplace-webinar-14-respect-matters>

Content: Know where to start when working toward building a culture of respect in the workplace. Respect Matters: Educate your team. Prevent negative behaviours. Empower your employees. Lead the charge with Respect. Respect Group shows us how to get started, and the University of Calgary teaches us how to keep it alive on an ongoing basis.

Presenting Organisation: Mental Health Commission of Canada

The Mental Health Commission of Canada (MHCC) leads the development and dissemination of innovative programs and tools to support the mental health and wellness of Canadians. Through its unique mandate from the Government of Canada, the MHCC supports federal, provincial, and territorial governments as well as organisations in the implementation of sound public policy.

Presenter/s: Brad Blaisdell, Respect Group
Marcia Buchholz, University of Calgary

Date: 29-Oct-2014

Related Resources:

http://www.mentalhealthcommission.ca/sites/default/files/MHCC_WorkplaceWebinar14_Presentation_2014-10-29_ENG_0.pdf



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Building civility and respect into your organisation's DNA

<http://www.mentalhealthcommission.ca/English/media/1725>

Content: The presenters share their perspectives on Civility and Respect, identified as key to creating healthy work environments in the National Standard for Psychological Health and Safety in the Workplace (Canada). The presenters share information, fundamental dilemmas and best practices related to workplace incivility (those seemingly insignificant rude behaviours that exist in every workplace) and other essential respect-related issues.

Presenting Organisation: Mental Health Commission of Canada

The Mental Health Commission of Canada (MHCC) leads the development and dissemination of innovative programs and tools to support the mental health and wellness of Canadians. Through its unique mandate from the Government of Canada, the MHCC supports federal, provincial, and territorial governments as well as organisations in the implementation of sound public policy.

Presenter/s: Sharone Bar-David, Bar-David Consulting
Emma Pavlov, University Health Network

Date: 26-Feb-2014

Related Resources:

http://www.mentalhealthcommission.ca/sites/default/files/MHCC_Workplace_Webinar_Feb2014_ENG_0.pdf



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Managing mental health in tough times

<http://www.mind.org.uk/workplace/mental-health-at-work/webinars/>

Content: This webinar aims to equip managers with the tools for promoting mental wellbeing even in tough times. The panel explores the following: how to start a conversation about mental health; practical tips and advice for supporting staff experiencing stress and mental health problems; the links between mental wellbeing, employee engagement and increased productivity.

Presenting Organisation: Mind

Mind provides advice and support to empower anyone experiencing a mental health problem. They campaign to improve services, raise awareness and promote understanding.

Presenter/s: Paul Farmer, Mind
Stephen Bevan, Centre for Workforce Effectiveness at the Work Foundation
Emma Mamo, Mind
Ash Tuft



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Policies for HR

<http://www.mind.org.uk/workplace/mental-health-at-work/webinars/>

Content: This webinar looks at policies and practical ways Human Resources professionals can support staff dealing with a mental health problem. Topics include: How well are staff supported in your workplace? Do you need to update your HR policies & procedures? Is your staff absence rising due to mental health problems?

Presenting Organisation: Mind

Mind provides advice and support to empower anyone experiencing a mental health problem. Their campaign to improve services, raise awareness and promote understanding.

Presenter/s: Paul Farmer, Mind
Eugene Farrell, AXA PPP Healthcare
Emma Mamo, Mind
Jonathan Bowers, UKFast

Related Resources:

http://www.mind.org.uk/media/43688/HR_Webinar_FAQs_final.pdf



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Line manager Q&A

<http://www.mind.org.uk/workplace/mental-health-at-work/webinars/>

Content: How to manage mental health in the workplace - questions about line manager behaviour that supports good mental health, giving tips on how to: take stock of your team's mental health; support staff experiencing a mental health problem; develop and maintain positive working relationships in your team; promote open dialogue and employee engagement; understand your legal duties and where to get help.

Presenting Organisation: Mind

Mind provides advice and support to empower anyone experiencing a mental health problem. They campaign to improve services, raise awareness and promote understanding.

Presenter/s: Paul Farmer, Mind
Karen Steadman, Centre for Workforce Effectiveness at the Work Foundation
Emma Mamo, Mind
Jon Bartlett



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Implementing an effective mental health policy

<http://www.mind.org.uk/workplace/mental-health-at-work/webinars/>

Content: This webinar offers advice on how to shape an organisational culture that's positive about mental health, including tips on: developing a mental health strategy; ensuring you have the right policies and procedures in place; raising awareness and ensuring managers have the right skills; achieving a better work/life balance; getting buy-in from senior management.

Presenting Organisation: Mind

Mind provides advice and support to empower anyone experiencing a mental health problem. They campaign to improve services, raise awareness and promote understanding.

Presenter/s: Paul Farmer, Mind
Ben Willmott, CIPD
Emma Mamo, Mind
Julian Hill, Care HR Ltd



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Health and safety for managers and supervisors - an introduction

<https://www.ema.co.nz/events/calendar/Pages/Health-and-Safety-for-Managers-and-Supervisors---An-Introduction.aspx>

Content: This webinar provides employers, managers and supervisors with an introduction to workplace health and safety. It is a way to increase your knowledge and communication of best health and safety practices so that you can ensure your organisation is a safe place to work.

Presenting Organisation: Employers and Manufacturers Association

The Employers and Manufacturers Association is a membership organisation that strives to champion New Zealand business and help members succeed.

Presenter/s: EMA



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Innovation starts with people

<http://www.tamarackcommunity.ca/library/innovation-starts-with-people>

Content: In this webinar the Australian presenters discuss their approach to social innovation, how good innovation draws on people's real life expertise at all stages to build solutions that work for them and how the skills of listening and seeing things from other's perspectives are key to innovation.

Presenting Organisation: Tamarack Institute

Tamarack Institute was created to understand community change and help organisations and citizens work better together for a collective impact. A learning centre has been established to provide research and document real stories, exemplary practice and effective applications for community change. The Institute also applies what is learnt to end poverty.

Presenter/s: Carolyn Curtis
Dr Ingrid Burkett

Date: 30-Aug-2016



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You first: Inspire your team to grow up, get along and get stuff done

<http://vibrantcanada.ca/resource-library/governance-leadership/you-first-inspire-your-team-grow-get-along-and-get-stuff-done>

Content: What makes teams work and how you can fix them.

Presenting Organisation: Vibrant Communities Canada

Vibrantcanada.ca is a learning community of members, from diverse sectors, multi-sector roundtables, who share a common interest in reducing poverty, community engagement and collaboration - made up of individuals who are united in our desire to see one million people move beyond poverty all across Canada.

Presenter/s: Liane Davey

Date: 14-Oct-2014



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Make me a change agent

<http://www.coregroup.org/resources/webinars/563-mmca>

Content: The presenter shared her experiences using the manual: *Make Me a Change Agent: A Multisectoral SBC Resource for Community Workers and Field Staff* with Care Group Volunteers and staff in the DRC. The lessons in *Make Me a Change Agent* seek to build the skills of community-level workers so that they can be more effective behavior change promoters in their communities. The lessons are not sector specific, and are tried and true generic skills, such as communication and storytelling, that can help a development worker in any sector become more effective as an agent of behaviour change.

Presenting Organisation: CORE Group

CORE Group emerged when a group of health professionals from non-governmental development organisations saw the value of sharing knowledge and ideas about children's survival, women's health and infectious diseases. The organising principle for CORE Group membership is technical excellence in integrated, community-based global health programming.

Presenter/s: Nicole Weber, Mercy Corps
Mary DeCoster, The TOPS Program, Food for the Hungry
Jennifer Weiss, Concern Worldwide

Date: 23-Jun-2016

Related Resources:

http://www.coregroup.org/storage/documents/MMCA_Weber.pdf

http://www.coregroup.org/storage/documents/MMCA_DeCosterWeiss.pdf