



## **Psychological Wellness: Bringing concepts to ACTION!**

### ***Pre-conference Workshop***

**Wednesday November 6th 2013  
10-3pm**

Fredericton Convention Center  
670 Queen St  
Fredericton NB E3B 1C2

Preceding the 2013 Health and Safety Conference, spend the day with Dr. Bill Morrison and Dr. Patti Peterson and your Community of Practice learning how to build a psychologically safe workplace. We will be focusing on:

- Implementation of the *Psychological Health and Safety: An Action Guide for Employers* through the use of mental fitness tools
- Exchanging knowledge, insights and experience about supporting psychological wellness in the workplace

*Learn how you can become a champion of the Workplace Wellness Movement in New Brunswick by participating in Take 5!*

#### Who should attend?

Everyone is welcome whether or not you were at the workshop in April 2013. No matter what stage you're at, we'd love to have you join us to share your experiences on November 6<sup>th</sup> and help us grow our NB Workplace Wellness Community of Practice.

#### Agenda at a glance:

##### Creating Readiness for Organizational Change

- Assumptions for Mental Fitness Approaches
- Stages of Organizational Change
- Return on Investment

##### Psychological Health and Safety: An Action Guide for Employers

- Guide Overview
- Resource Links related to Mental Fitness

Mental Fitness Workplace Initiative: Building early engagement in Post-Secondary Education

- Core Components
- Example Resources

Breakout Session: Reflecting on Strengths and Sharing Innovations in Promoting Mental Fitness

*Workplace Wellness Movement* in New Brunswick: *Take 5! And Become a Champion*

Please fill-out the Registration form and return by e-mail no later than Friday October 25th, 2013 to

[wellness-health@gnb.ca](mailto:wellness-health@gnb.ca)

**Note: There will be no registration fee to attend this Workplace Wellness Pre-conference Workshop.**

## REGISTRATION FORM

### 1. Please enter your contact information:

Name:  \*

Organization /Company:  \*

Address :  \*

City/Town:  \*

Province:  \*

Postal Code:  \*

Email Address:  \*

Phone Number:  \*

### 2. Accommodation:

For reservations, please communicate with the Crowne Plaza (1-888-233-9527) or the Delta Fredericton (1-888-890-3222).