

Workshop Offerings

Descriptions & Learning Objectives

Your Health Space provides training in several areas related to psychological health and safety in health care settings via free self-directed eLearning modules and live workshops. This programming is delivered through three distinct spaces designed for Leaders, Health Care Workers, and Support Staff. Workshop offerings are listed below.

Space for Leaders (3-hour live workshops)

Workshop for Leaders
This workshop, specifically designed for people leaders (e.g. supervisors, managers, executives, etc.) will seek to increase leaders' confidence in supporting staff members who may be experiencing mental health challenges, while providing a foundation for fostering psychological health and safety in the workplace.

Space for Health Care Workers
(20-30 minute live micro-learning sessions)
eLearning course with facilitator will include topics such as:

Psychological Health and Safety in the Workplace

An overview of the 15 psychosocial factors that affect well-being in health care workplaces and an introduction to the National Standard of Canada's Psychological Health and Safety in the Workplace.

Self-Care: Wellness and Flourishing

An overview of the dimensions of wellness, and an introduction to the Dual Continuum of Mental Health and Mental Illness to understand well-being in the workplace.

Self-Care: Mindfulness

Mindfulness involves strengthening self-awareness while accepting the present moment without judgment. This module provides practical opportunities to examine how mindfulness can be personalized for one's own use at work or elsewhere.

Occupational Stress

Examine the unique stressors experienced by health care workers, learn about the effect of stress on well-being and performance, and explore practical strategies for addressing workplace stress.

Burnout and Recovery

Learn about the components of burnout and examine a solutions-focused method to exercise self-agency in addressing and preventing burnout.

Traumatic Stress

Examine how traumatic stress can occur directly and indirectly, and explore ways to protect oneself and colleagues in the workplace.

Compassion Fatigue

An overview of how the psychological and physical output of caring and empathizing at work can lead to compassion fatigue, and how we can address this in the workplace.

Moral Injury

Introduction to the concept of moral injury, a concept that is increasingly prevalent in the health care workforce, and ways health care workers can approach an issue that is the result of external factors.

Space for Support Staff

90-minute live workshops will include topics such as:

Embracing Mental Health – Flourishing in the Workplace

Foster awareness about mental health, its relationship to the workplace, and explore strategies to maintain positive mental health in the midst of workplace demands.

Managing Stress in the Workplace

Examine workplace stress and its effects on well-being and performance, and explore strategies for coping with stress through unique lenses that include locus of control, habit formation and self-awareness.

Burnout and Recovery

Learn about the components of burnout and examine a solutions-focused method to exercise self-agency in addressing and preventing burnout.

Fostering Trauma-Informed Workplaces

Explore how to foster a trauma-informed workplace to help restore and strengthen psychological health and safety individually and as an organization.

