

Key Messages:

- There is a mental health continuum that we all move along and it is dynamic as we experience stress, challenge and crisis.
- HR Leaders who understand and address mental health challenges, will have teams that thrive through this uncertainty and those organizations that ignore those needs will struggle to be productive, service their customers, and be competitive.
- Success and longevity hinges not just on your knowledge and skills, but also on your ability to recover and remain energized during challenging situations
- Resilient people are able to sustain successful performance and positive well-being in the face of adverse conditions
- Resiliency is created and sustained through adaptability, a sense of purpose and vision, insight and problem-solving, and garnering support
- In the workplace, HR professionals can not only model resilient behaviour and attitudes, which is critical, but they can also employ strategies to meet the mental health needs of their employees to encourage engagement, productivity, and resilience.

Participants Will:

- Avoid the pitfalls to managing a team during and after crisis using the 7 keys.
- Recognize the mental health indicators and symptoms that are signaling that your team is not coping with the uncertainty and business disruption.
- Discover the 3 C's that are vital to effective leadership.
- Detect, assess, and minimize the causes and symptoms of stress that those in your team may be facing.
- Understand the different types of resiliency strategies that can protect your team's mental health, and enable them to relax more and feel better.
- Understand the different types of resiliency strategies that can be performed throughout your own day that can release the physical effects of stress, protect your health, and enable you to relax more and feel better
- Ask three simple questions in developing a meaningful and relevant Personal Resiliency Plan based on the S-O-S Principle™ to reduce stress and stress

overload and increase resiliency to deal with future changes and challenges

- Generate actionable ideas to overcome challenges and gain more happiness, satisfaction, and joy

Results and Reviews:

Audiences tell us that they appreciate the difference. It is common to get testimonials back stating: "loved the S-O-S" or "that was so much fun".

- "Your (on-line) presentation yesterday was absolutely wonderful!!! We really enjoyed the content, the facilitation and the information sharing on the echo pandemic. Awesome!!!! ." – NEBSO
- "Best health and safety committee presentation." - Imperial Oil
- "Thank you for your positive energy, practical and realistic suggestions." – Halton Peel Dental Association
- "Eye opener – could listen to her all day" – Ontario Power Generation

Testimonials:

<https://worksmartlivesmart.com/testimonials/>

Additional presentation information can be found at:

<https://worksmartlivesmart.com/stress-and-wellness-workshops-and-presentations/>

<https://worksmartlivesmart.com/live-on-line-training-webinars/>

Video links:

<https://youtu.be/95ekNuQfXSI>

https://youtu.be/PrxD4L_CmKs

<https://youtu.be/S1SNMQ5DXLk>