



## **Workshop title**

Creating a Valued Workplace

## **Objectives**

- Engage the team in a dynamic, experiential introduction to team resilience
- Evaluate the impact of prioritizing mental wellbeing in the workplace
- Apply mindbody practices through an equity lens that invigorates, connects, and guides participants in creating a Valued Workplace

## **Description**

Would you say that you are flourishing in accordance with the values your organization set out to achieve? For most, our values become lip-service and are rarely practiced. We infer that staff know what compassion, innovation, respect means in your workplace, but we often fail to clearly articulate and demonstrate *how* these values are communicated to our team and our customers.

Join us for an exploration into how your team can transform workplace culture by aligning with individual and organizational values. Organizations that prioritize mental wellbeing as a key indicator of success foster innovation in practice, have greater retention, and become a highly sought out employer for the next generation of team members. Learn how you can identify, apply, and measure the impact of integrating mental wellbeing practices so your team can flourish.

During this session, we will identify the root causes of a distressed team, so you can mitigate symptoms of burnout before quality becomes compromised, the rest of the team gets “infected” with negativity and people start quitting. When a team prioritizes mental wellbeing, it is easier to overcome, manage, and cope with the inherent challenges of delivering care and services.

## **Logistics**

90- minute workshop

## **Facilitator**

Kami Norland, MA, ATR

## **Needs**

Sound system, projection system