Practical Leadership Strategies for Supporting Mental Health

November 15, 2016
9 am—12 pm

Prairie Room in the Lister Centre

During this half-day interactive workshop, leaders will:

- Understand the continuum of mental health and how it impacts the workplace
- Create strategies for prevention, including building a culture of employee wellbeing in the workplace
- Learn practical strategies for reducing stigma about mental health
- Practice strategies to manage complex employee situations involving mental health concerns:
  - Managing performance
  - Developing accommodations
  - Reviewing return-to-work processes

Register HERE!

Presented by: Ashley Spetch, PhD

Dr. Ashley Spetch leads Homewood Health’s Organizational Wellness team, providing wellness consulting and training services to organizations across North America to drive health promotion initiatives.

With an extensive background in employee mental health, organizational development, and positive psychology, Ashley is a frequent presenter on topics related to employee wellbeing, workplace mental health, and mental health disabilities.

Ashley also works in collaboration with human resources and diverse client groups to tackle matters such as leadership development, job fit, succession planning, employee mental health, workplace conflict, and the human side of change.