



Health Promotion and WorkLife Services (HPaWS)

LUNCH & LEARN

February 2014

12:05 – 12:55 pm



****NOTE: Staff and faculty will receive priority Lunch and Learn registration. Grad students and PDFs will be accommodated only if space permits. To ensure a quality learning environment for all participants, registrants are asked to please arrive at Lunch and Learns on time to minimize class disruption.****

Building Working Relations

Catherine Clark-Shnider, Homewood Human Solutions

Tuesday, February 4, 2014 - ED 277

Every time we interact with someone, we have an opportunity to build or damage the relationship we have with them. Improving the quality of relationships in the workplace can enhance productivity & reduce conflict. This session invites participants to be aware of the three key “tools” we can use to build relationships, reflect on how to use these tools effectively, and develop strategies to address relationship challenges.

Delete Bullying

Wade King, OSDHR

Wednesday, February 12, 2014 - ED 113

February 3-26 is Bullying Prevention Month at the University of Alberta

Bullying in the work or study environment can lead to increases in stress levels, sick time and absenteeism while decreasing productivity and potentially causing untold misery for workers or students. The good news is that bullying is preventable and, if already in progress, bullying can be stopped. In this session you will learn how to define and identify different types of bullying, how to address bullying behavior and assist those who have been the subject of bullying. Learners will get practical resources on where to access services and support when faced with the issue of bullying on campus.

Hands On: Understanding the Basics of CPR - *Encore*

Michael East, Heart & Stroke Foundation

Thursday, February 20, 2014 - CAB 269



Imagine you are at home and a member of your family goes into cardiac arrest. Would you know what to do? Did you know that the odds of surviving cardiac are almost four times greater if someone performs simple chest compressions right away? The new guidelines make effective CPR easier than ever. This presentation will cover basic CPR skills, introduce you to our CPR Anytime Kit, and familiarize you with Automated External Defibrillators (AEDs). This is a fun, interactive presentation meant for all skill levels, no prior experience required.

Helping Your Child Succeed at School

Catherine Clark-Shnider, Homewood Human Solutions

Tuesday, February 25, 2014 - ED 265

Every parent wants their child to be happy and successful at school. Many working parents struggle with knowing how to support their children with school-related activities. This session invites participants to seek a partnership between each child, the school and themselves as parents. This partnership creates positive structure at home to support their children’s experience at school and looks for ways to reward effort rather than outcomes.

Bring your lunch and join us for these informative sessions. Seating is limited - please register at www.learningshop.ualberta.ca. For information about the Lunch & Learn program, contact the Health Promotion and WorkLife Services office: hpaws@ualberta.ca.