

CHANGING CULTURE FROM THE INSIDE OUT

Full Day or Half Day Workshop

We all want to work in cultures that support and nurture us so we may liberate our spirits and be inspired to do great work. Given these hard economic times is this a realistic expectation? The answer is YES!

Today more than ever, employers are facing increased pressure to find ways to decrease employee health and safety related issues and costs in the workplace. Yet the years of research to support the positive link and return on investment between employee wellbeing and organizational success seems largely to have fallen on deaf ears. Employees are increasingly being expected to do more with less at a faster pace and these internal pressures are manifesting as cultures that are toxic, unsafe and unsustainable.

The good news is that although the workplace is an environment that can contribute to employee ill health, it simultaneously offers the most potential for improving overall employee health and well-being.

In this interactive session Mary-Lou draws on her 25+ years of experience as a business leader and personal and organizational health and wellness expert to share what she believes to be the most strategic and profound practices that foster healthy people, healthy workplaces and healthy business bottom lines.

The focus of this presentation will be on what you can do to effect transformative change for yourself and your workplace no matter where your starting point nor what your role in your organization. We will examine the underlying dynamics of culture change and transformation with an emphasis on leadership and self care.

Topics covered include:

- what a healthy and safe workplace culture looks like
- the strategic value and integration of employee wellness in business
- the workplace mental health priority
- the role and responsibility of leadership
- personal well-being strategies for life