

## Addressing Workplace Mental Health: Advanced Skills for Unions

<b>Length</b>	6 hours in one day, or two half-days
<b>Audience</b>	Learners who have attended <i>Addressing Workplace Mental Health: Basic Skills for Unions</i>

### General program description

*Unions play a pivotal role in ensuring consistent focus on worker health and safety, with union reps and shop stewards being perfectly placed to initiate and support psychological health and safety in the fabric of organizational culture.*

This workshop reinforces and extends the learning gained in the prerequisite course, *Addressing Workplace Mental Health: Basic Skills for Unions*. The first half of the workshop provides a forum for learners to reflect on their experiences using the Wellness Works approach, and to hear how others have used the strategies learned in the basic course.

The second half of the workshop delves more deeply into specific topics introduced in the basic course, utilizing real world case studies on: creating a psychologically healthy and safe work building a socially supportive workplace environment, implementing a holistic return to work process, and practicing self-care and resilience for participants themselves.

### Learning objectives

In this 6-hour highly interactive workshop, participants will:

- Engage in an interactive review of the core concepts from the basic course
- Reflect and expand their learning by engaging with other learners about their experiences using the Wellness Works approaches and applying techniques in a case study format



- Augment their knowledge, understanding and application of strategies regarding return to work, psychological health and safety, social support in the workplace and building their own resiliency
- Gain confidence in applying and adapting the Wellness Works approaches to specific situations through active experimentation
- Build action plans and capacity to address return to work process, psychological health and safety, and social support in the workplace for the unique circumstances and organizational challenges in their setting
- Deepen their community of practice and mutual support for engaging in effective practices that support workers

*Addressing Workplace Mental Health: Advanced Skills for Unions* helps union reps and shop stewards solidify and integrate the valuable concepts and tools of the Wellness Works approach into their behavioral repertoire to effectively address mental health issues in the workplace.

For information on bringing  
**Wellness Works** to your organization,  
please contact us at  
[info@WellnessWorksMentalHealth.org](mailto:info@WellnessWorksMentalHealth.org)  
or 916-557-1167