

Health *and* Wellness Professional Learning Series

with Julie Christiansen



Lunch and Learn: Creating Strong and Resilient Teams Through Mindfulness

As Executive Directors, Supervisors, and Managers your goal is to build a cohesive, well-balanced, and effective team. One of the ways you can support them is through introducing strategies related to building a professional practice of mindfulness. Considering new possibilities to support the management of stressors, juggling multiple priorities, and engaging in healthy practices may help reduce staff absenteeism, increase productivity, and will facilitate happy, productive teams. Participants of this innovative session will examine the definition of resiliency and what that looks like, living in a fast-paced world. They will explore factors within their workplaces that contribute to the four components of resiliency and how they may support their teams with possible strategies. Participants will be introduced to a new theory called Positive Acceptance and will be given practical tools for how to support teams with incorporating this type of thinking into everyday problem solving. A variety of strategies related to building a mindfulness based practice and relaxation strategies will also be shared.

Thursday June 15, 2017 • 12:00 to 2:00 pm • ECCDC, 3340 Schmon Parkway, Thorold (Community Boardroom) • \$55 includes handout and lunch • To register, call 905.646.7311 ext. 304 or visit www.eccdc.org

Strengthening Your Resiliency and Lowering Your Stress Through Mindfulness

Are you looking for new strategies for building your personal and professional resilience? Considering new possibilities to support the management of stressors, juggling multiple priorities, and engaging in healthy practices may help reduce illness, absenteeism from work, increase your work productivity, and facilitate your health and well-being. Participants in this session will examine the definition of resiliency and what that looks like, living in a fast-paced world. They will explore factors within their workplaces and personal lives that may contribute to the four components of resiliency and strategies they may use to build resiliency. Participants will be introduced to a new theory called Positive Acceptance and will be given practical tools for how to incorporate this type of thinking into everyday problem solving. A variety of strategies related to building a mindfulness based practice and relaxation strategies will also be shared.

Thursday June 15, 2017 • 6:30 to 8:30 pm • ECCDC, 3340 Schmon Parkway, Thorold (Community Boardroom) • \$45 includes handout • To register, call 905.646.7311 ext. 304 or visit www.eccdc.org



The Presenter

Julie Christiansen, Owner of Julie A. Christiansen Counselling and Psychotherapy
Master of Arts, Yorkville University • Bachelor of Arts, University of Ottawa • Registered
Psychotherapist with the College of Registered Psychotherapists of Ontario • Member in
good standing, IAAP • General Member, Ontario Association of Consultants, Counsellors,
Psychometrists, and Psychotherapists (OACCPP)