



by  CloudMD



Health & Wellness Seminars

As part of our commitment to promoting health and wellness within the workplace, CloudMD is proud to offer a library of health & wellness seminars for your organization.

Studies have shown that providing your organization health & wellness programming can have benefits including:

- Attracting new employees
- Helping to retain staff
- Building diversity in skills and personnel
- Improving morale
- Reducing sickness and absenteeism
- Enhancing working relationships
- Encouraging employee engagement, initiative, and teamwork
- Increasing productivity and satisfaction
- Decreasing stress and burnout

These sessions have been designed to be 45 minutes to 1hr long. However, we can condense the session into 30 minutes if requested. Sessions are typically conducted virtually, and we can use your organization's virtual meeting technology or provide one if you don't have a system for group webinars. If you would like the session delivered onsite, in-person, we can arrange that as well.

If you have a topic specific to your organizational needs that is not listed below, we are happy to discuss how CloudMD can customize a presentation for you. Fees: \$500/hr virtual webinar, \$650/hr in person, \$250 per hour of customization work if needed.

Please include in your request:

1. Session Topic
2. Proposed Date & Time (Ideally 2-3 options)
3. Languages Required: English, French, Both
4. Requested Length of Seminar
5. Mode of Delivery: In-person or Virtual
6. Type of Audience (This helps our speakers tailor content to your needs)

To ensure a high-quality session that meets your needs, we request that you contact us at least **4 weeks in advance** of when you'd like the session.

Current Health & Wellness Seminars Offered:

Family, Relationships, and Life Transitions

Beating the Back-to-School Blues
Caring for an Older Adult
Caring for the Caregiver
Grief and Bereavement
Keys to Healthy Relationships
Navigating Retirement
Supporting International Students

Mental Health, Stress, and Resilience

Avoiding Job Burnout
Giving to Yourself: Self-Care Strategies
How to Achieve Good Emotional Health
How to Handle Big Feelings
Managing Life's Stressors
Mental Health in the Workplace
Supporting Someone's Mental Health
Supporting Employee Mental Health
Resiliency... The Bounce Back Factor
Understanding Anxiety
Work-Life Balance

Workplace & Communication Skills

Active Listening
Addictions and the Workplace
Dealing With Difficult People
Effective Communication
Leading Through Change
Thriving with Shiftwork
Time Management

Additional Topics

Available on request

Physical Health and Nutrition
Financial Wellbeing
Professional Development and Career Support

Please note that available offerings are subject to change.

We continuously refine our seminar offerings to make sure we're consistent with the latest research and in response to your feedback. Additional or alternative topics may be available upon request.

CANCELLATION POLICY:

- Cancellation **6 business days or more** before the seminar: speaker booking fee of **\$150**.
- Cancellation **2 - 6 business days** before the seminar: **50%** of the total cost of the session.
- Cancellation **less than 2 business days** before the seminar: **total cost** of session.

RESCHEDULING FEE:

You may request to **reschedule** the seminar to a different date, subject to the availability of the speaker. Any request **less than 9 business days** prior to the original seminar date is subject to a rescheduling fee of **\$150**.

Seminar Descriptions

Family, Relationships, and Life Transitions

Beating the Back-to-School Blues

(30 minutes)

The back-to-school period can be exciting and fun ... but also stressful and destabilizing, for both parents/caregivers and children. In addition to practical challenges – like new routines and responsibilities – there can also be psychological challenges – like stress and anxiety – that come up during this period. Early awareness and planning can help! In this seminar, we'll explore some of the common challenges you may face and equip you to navigate back-to-school effectively.

Areas of Focus:

- Understanding the back-to-school transition
- Common practical and psychological challenges
- Strategies for helping your child
- Strategies for helping yourself

Caring for an Older Adult¹

Caregivers play an increasingly vital role in society, providing essential care and assistance to those requiring support. And with a growing aging population and taxed health care and social service systems, more people than ever are providing care for their older relatives. Caregiving in this context can bring opportunities, but also comes with a number of unique challenges, for both the care giver and the care receiver. In this seminar, we explore and identify strategies and supports for addressing these challenges.

Areas of Focus:

- Common physical, emotional, and practical challenges and stressors faced by care givers and care receivers
- Tools, strategies, and resources to help care for an older adult
- Tools, strategies, and resources to help maintain personal well-being while caring for an older adult

Caring for the Caregiver

Caregivers play an *essential* role, both for society – by supplementing our often-over-burdened healthcare systems – and for those receiving their care. In providing this much needed and valuable assistance, however, caregivers often face significant challenges and take on risks to their own physical and mental wellbeing. In this seminar, we explore the common challenges faced by caregivers, and identify steps and strategies to provide care to those giving care.

Areas of Focus:

- Understanding caregiving: Significance, risks, benefits
- Common caregiving challenges:
- Common signs of caregiver burnout
- Strategies to support caregivers

Grief and Bereavement

Over the course of lives, we all experience grief in response to losses – whether the loss of a job, relationship, pet,

¹ Note: Region-specific housing, mental health, and other resources can be easily adapted to meet client needs (currently ON/Toronto-specific).

or, often most painfully, someone important to us. Yet despite the fact that it affects us all, grief can be an incredibly lonely and confusing experience. We're often uncomfortable and unsure about how to deal with our own grief and how to support others in theirs. In this seminar, we explore the core features of grief, debunking common myths and providing recommendations for how to navigate the grieving process.

Areas of Focus:

- Understanding grief: Common signs, time-course, and other aspects
- Common myths and misunderstandings about grief
- Recommendations for managing your own grief
- Recommendations for supporting someone who is grieving

Keys to Healthy Relationships

Relationships are a central, fundamental aspect of our lives – whether with acquaintances, friends, family, romantic partners, or work colleagues. And the *quality* of our relationships can have a huge impact on our physical health, mental health, and sense of meaning, identity, and purpose. In this seminar, we explore the significance of connection – and the consequences of *disconnection* – in our lives, identifying the essential elements and skills required to build satisfying, thriving relationships.

Areas of Focus:

- The importance of social connection for wellbeing
- The consequences of social *disconnection* and loneliness
- Building blocks for meaningful and satisfying relationships

Navigating Retirement

Retirement is a significant milestone in each of our lives. It can offer a new chapter of life filled with freedom, opportunities, and personal growth, and it can also bring up mixed feelings, uncertainty, and even a sense of loss. Successfully navigating retirement requires a holistic approach, including and moving beyond thoughtful financial planning to incorporate strategies that can help you maintain a sense of purpose, connection, and physical and mental well-being. In this seminar, we explore some of the common experiences associated with retirement, as well as key considerations, tips, and strategies to make retirement a more fulfilling and gratifying experience.

Areas of Focus:

- Understanding the significance of retirement: Common experiences and misconceptions
- Preparation for and transitioning into retirement (e.g., financial planning, psychological readiness)
- Lifestyle considerations, aspirations, and maintaining social connection
- Physical and mental health and well-being in retirement

Supporting International Students

Versions available for: Staff, Students

Emerging adulthood is an exciting and uncertain stage of life for post-secondary students – it's also a critical period for mental health and wellbeing. International students navigating this period face additional challenges and stressors that, without awareness and adequate support, can interfere with their adjustment and academic success, and increase their risk for a variety of mental health concerns. In this seminar, we explore the unique challenges faced by international students and provide recommendations for how to address these challenges and support international students' mental health and wellbeing.

Areas of Focus:

- Understanding emerging adulthood
- Unique challenges and stressors faced by international students (e.g., acculturative stress, norm differences)
- Strategies for supporting international students' adjustment and mental health

Mental Health, Stress, and Resilience

Avoiding Job Burnout

Job burnout – a mind and body response to prolonged and unmanaged or unmanageable workplace stress - is considered one of the most important occupational hazards in society today. Without sufficient preventative measures, adequate support, and rapid intervention, burnout can have long-lasting negative effects on physical health, mental health, and the functioning of teams and organizations. In this seminar, we explore the causes and consequences of job burnout, providing recommendations to help individuals and organizations prevent and address burnout.

Areas of Focus:

- Understanding job burnout: Causes, consequences, and common experiences
- Burnout prevention strategies: The importance of stress management
- Building a supportive work environment

Giving to Yourself: Self-Care Strategies

Self-care is *not* just about bubble baths and massages! It's a vital part of maintaining your physical and mental wellbeing, as well as an essential skill for managing stress – and reducing the risk of burnout – in the workplace. Engaging in intentional, proactive, self-aware self-care is not always easy, but it *is* always worthwhile. In this seminar, we explore the core aspects and benefits of self-care and provide examples of useful self-care strategies to help participants develop their own self-care plans.

Areas of Focus:

- Understanding self-care: Definition and common misconceptions
- Benefits of self-care (especially for recognizing and reducing risk of burnout)
- Self-care strategies
- Tips for making a sustainable self-care plan

How to Achieve Good Emotional Health

Good emotional health is an important aspect of a fulfilling, satisfying life. Contrary to popular belief, however, good emotional health doesn't necessarily involve an absence of difficult or negative emotions – instead, it involves the ability to acknowledge, adjust to, and cope with the whole spectrum of human emotion. In this seminar, we explore the components of emotional health, focusing on self-awareness, awareness of emotions, and healthy coping skills.

Areas of Focus:

- Understanding emotions and emotional health
- Cultivating awareness of emotions
- Healthy skills and strategies for managing and responding to emotions

How to Handle Big Feelings

Emotional ups and downs are a normal part of being human. In high-pressure, high-stakes, or high-stress environments – which can be common in the workplace – these ups and downs are often bigger and more intense. Learning how to recognize, manage, and respond to big emotions in healthy and constructive ways is vital for the health and harmony of individuals and organizations. In this seminar, we explore the nature and functions of emotions, providing recommendations and strategies for developing emotional intelligence and creating emotionally supportive workplaces.

Areas of Focus:

- Understanding emotions and triggers for more intense emotions
- Managing emotions: Strategies to use before and during big feelings

- Building an emotionally supportive workplace

Managing Life's Stressors

We all experience stress from time-to-time; running into stressors is inevitable. But while we can't always avoid stress, it is important that we learn how to recognize and manage it – chronic stress can wreak havoc on our physical health, mental health, and ability to function in our personal and professional lives. In this seminar, we explore how stress works, common positive and negative stressors, and strategies for reducing and managing stress effectively.

Areas of Focus:

- Understanding stress and the mind-body stress response
- Recognizing signs and symptoms of stress
- Common stressors and types of stress
- Strategies for managing stress (e.g., self-care, relaxation skills, cognitive restructuring)

Mental Health in the Workplace

Mental health is a vital component of our wellbeing and affects all aspects of our lives – including our work lives. And the relationship between mental health and work goes both ways: our mental can affect our ability to be productive and satisfied at work, and things like work stress can affect our overall mental health. In this seminar, we explore this relationship, identifying common mental health concerns in the workplace and strategies for building and fostering mental health in the workplace and beyond.

Areas of Focus:

- Understanding mental health
- Relationship between work, stress, and mental health
- Strategies for managing your own mental health
- Strategies for creating a supportive environment
- Tips for supporting others' mental health

Supporting Someone's Mental Health

Many individuals experience significant mental health concerns or distress at some point in their lives. Adequate support is critical in helping these individuals cope with or resolve that distress and get back to living their lives. But reaching out for help, and knowing how to help, can be challenging. In this seminar, we review some common mental health concerns that people may face, including warning signs and symptoms; common barriers to reaching out for help; and strategies for supporting others' mental health and responding compassionately to distress.

Areas of Focus:

- Defining mental health and common mental health concerns
- Barriers to reaching out for help
- Recognizing the signs of mental health distress
- Responding to and supporting someone in distress

Supporting Employee Mental Health

Mental health concerns are common, and many experience them during prime working years. Without adequate support, unaddressed concerns can negatively impact emotional well-being, physical health, and nearly every aspect of life, including satisfaction and performance at work. With adequate support, these effects can be avoided, and employee engagement, morale, and productivity can be bolstered. In this seminar, we review workplace factors that can impact mental health, and provide strategies to help organizations identify and address employee mental health needs; foster employee well-being; and develop practices that support a

psychologically healthy workplace.

Areas of Focus:

- Understanding mental health
- The relationship between mental health and work
- Common mental health concerns
- Creating a psychologically safe and healthy workplace
- Providing mental health support

Resiliency – The Bounce-Back Factor

We all face challenges in our lives, some larger than others. Stressful events, traumatizing experiences, and everyday disturbances can have a significant impact on both our physical and psychological wellbeing. Resiliency – our ability to cope with stress and adversity – plays a crucial role in how effectively we “bounce back” from harmful, stressful, or distressing events. In this seminar, we explore the building blocks and factors that contribute to resiliency.

Areas of Focus:

- Understanding and defining resiliency
- The building blocks of resiliency: Strategies for increasing resilience
- Qualities of stress-resilient people
- Factors that contribute to stress resilience

Understanding Anxiety

Anxiety is an incredibly common experience that many of us have faced, are facing, or will face in our lives. Yet, many misunderstandings and misconceptions about anxiety persist and can get in the way of seeking and receiving appropriate support. In this seminar, we take an in-depth look at anxiety, identifying common experiences and symptoms; clarifying how anxiety works and how common anxiety disorders manifest; and discussing common anxiety treatment and management strategies.

Areas of Focus:

- Defining anxiety: Cognitive, emotional, physical, and behavioural aspects
- How anxiety works: The role of the stress response
- Anxiety as a spectrum: Common anxiety disorders
- Managing anxiety: Common treatments and strategies

Work-Life Balance

Balancing work and personal life is an ongoing challenge that many of us face in today’s hectic, fast-paced society. We often have to juggle multiple and competing demands on our time, attention, and energy – personal projects, family responsibilities, work obligations, social commitments. When we feel out of balance, we wind up stressed out – which can, in turn, affect our physical and mental wellbeing. In this seminar, we explore work-life balance as a dynamic process and provide strategies for establishing and re-establishing harmony between work and life.

Areas of Focus:

- Defining work-life balance: A dynamic, ongoing process
- Factors contributing to balance and imbalance
- Signs and consequences of work-life *imbalance*
- Practical strategies for building balance: Reducing demands, increasing resources, and managing stress

Workplace & Communication Skills

Active Listening

When we think about communication, we often assume that listening is the easy part and treat it like a passive activity. But *good* listening is an active, intentional process that involves a set of skills that can be learned and practiced. And these skills are worthwhile to learn, as research has consistently shown that active listening can help to build, improve, and strengthen personal and professional relationships. In this seminar, we explore the principles of active listening, helping participants develop vital skills for effective communication.

Areas of Focus:

- Understanding the listening spectrum and active listening
- Common listening blocks
- Core active listening skills (e.g., paraphrasing, reflecting) and tips

Addictions and the Workplace

Addictions can come in many different forms, from substance use to gambling to internet use and beyond. Regardless of the form it comes in, however – any addiction has the potential to be incredibly destructive to a person’s physical health, mental health, and personal and professional life. Accurate information and appropriate, compassionate support can help to prevent and reduce these harms. In this seminar, we explore the fundamental principles of addiction, clarifying common myths and misconceptions, and providing concrete strategies for addressing addiction and addictive behaviours in the workplace and beyond.

Areas of Focus:

- Understanding addiction: Addiction as a spectrum
- Common myths and misconceptions
- Strategies for addressing addiction and addictive behaviours in the workplace and beyond
- Supporting someone living with addiction

Dealing with Difficult People

We all encounter ‘difficult’ people and uncomfortable interactions from time-to-time, in both our personal and professional lives. Navigating these interactions can be incredibly challenging, because they often trigger emotional reactions and require balancing respect for our own needs and rights with respect for others’ needs and rights. In this seminar, we explore what makes people ‘difficult’, identify strategies for managing challenging interactions, and provide tips and skills for managing our own reactions and building resilience.

Areas of Focus:

- Understanding ‘difficult’ people: The role of temperament, environment, and conflicting needs
- Strategies for managing challenging interactions: Conflict resolution skills and de-escalation
- Self-management and resilience-building: Before, during, and after challenging situations

Effective Communication

Effective communication is vital for every single aspect of our lives. When we’re able to communicate effectively, we are better able to get our needs met, build satisfying relationships, maintain our physical and mental health, and navigate our workplaces more successfully. In this presentation, we’ll explore the core principles of effective communication – including clear expression, active listening, and context – and identify tips and strategies for overcoming barriers and improving communication.

Areas of Focus:

- Defining effective communication
- Common communication barriers (e.g., assumptions, biases)
- Tips for improving communication (e.g., recognizing context, assertive communication, active listening)

Leading Through Change

Change is a constant in today's rapidly evolving world, especially within organizations. However, it often brings uncertainty and, if not managed appropriately, can significantly impact employee well-being and productivity. In this seminar, we explore the psychology of change and how it affects people's well-being; the crucial role leaders play in supporting their employees' mental health; and concrete strategies for leading and supporting employees effectively through times of change.

Areas of Focus:

- The psychology and impact of change in organizations
- The impact of uncertainty
- The role of leaders in supporting employees' mental health and adjustment
- Tips for leading and supporting employees effectively through change

Thriving with Shiftwork

In our modern "24-hour" society, we rely more and more on shiftwork to keep things running – but shiftwork is not without significant risks and challenges. Without appropriate steps and strategies, shiftwork can have negative effects on physical, mental, and social wellbeing, as well as on an individual's ability to function at work. Luckily, there are strategies we can use to reduce the risks and maintain well-being. In this seminar, we explore key aspects of shiftwork, including common types of schedules, common challenges, and strategies to help individuals survive and thrive with shiftwork.

Areas of Focus:

- Understanding shiftwork
- Benefits and common challenges associated with shiftwork
- Strategies for reducing risks and maintaining wellbeing

Time Management

For many of us, time can feel like a scarce resource as we attempt to manage different responsibilities and demands in our personal and professional lives. We may find ourselves feeling like we're constantly behind, just barely keeping up, or losing time to things that aren't important to us. Effective time management skills can help us get more of what we want out of the time that we have. In this seminar, we explore the key principles of time management and providing tips and strategies for managing time more effectively.

Areas of Focus:

- Time management as self-management
 - Common time management challenges and causes of time *mis*management
 - Strategies for effective time management
- 