

Health & Wellness Seminars

As part of our commitment to promoting health and wellness within the workplace, Kii Health is proud to offer a library of health and wellness seminars designed to meet your organization's needs.

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

- Increasing psychological safety
- Improving workplace culture
- Improving leadership style
- Enhancing teamwork and collaboration
- Fostering employee engagement, initiative, and commitment
- Supporting equity and diversity
- Improving morale
- Reducing sickness, absenteeism, and presenteeism
- Increasing productivity and satisfaction
- Decreasing stress and burnout
- Fostering critical soft skills
- Attracting and retaining talent

Our health and wellness seminars are one hour long and are:

- » Developed and delivered by curated subject matter experts and licensed professionals
- » Available in English and French
- » Conducted virtually (using your preferred meeting software or our own) and/or in-person
- » Accompanied by handouts (including key points and additional resources) which can be distributed to attendees after the session
- » Evaluated for quality assurance

Seminars can be fully customized , with options to:

- » Tailor the content and duration¹
- » Schedule additional meetings to review seminar content¹
- » Review the results of post-session satisfaction surveys
- » Record sessions and view for up to a year

You will find a list of our current health and well-being sessions on the next page. If you don't see what you're looking for, Kii Health can develop a custom seminar tailored to your needs¹.

Fees: \$500/hr virtual webinar, \$650/hr in person, \$250 per hour of customization work if needed.

¹Dependent on availability and subject to additional fees

Ready to Schedule a Seminar?

We look forward to helping you make your workplace happier, healthier, and more productive! Please email requests to the GoS EFAP Management team at efap@gov.sk.ca. The GoS EFAP Management team will assist with coordinating the request to Kii Health. **Please reach out 4 weeks in advance** of your preferred session date and provide the following information in your request:

1. Session topic
2. Proposed date and time (ideally 2-3 options)
3. Languages required: English, French, or both
4. Mode of delivery: In-person or virtual
5. Audience: Any defining characteristics or particular needs to help us tailor the session
6. Any additional customization needs or queries

Current Offerings

What's new?

Our seminar offerings each year are subject to change; we're always working to refine them to serve you better. In response to your feedback and requests (and updates to research and best practices) we've made some improvements to existing sessions. We've also added some new sessions(*) for you to check out!

Family, Relationships, and Life Transitions

Beating the Back-to-School Blues
Navigating Caregiving
Grief and Bereavement
Keys to Healthy Relationships
Navigating Retirement
Supporting International Students

Mental Health, Stress, and Resilience

Avoiding Burnout
Giving to Yourself: Self-Care Strategies
Managing Emotions
Managing Life's Stressors
Mental Health in the Workplace
Supporting Someone's Mental Health
Resiliency... The Bounce Back Factor
Understanding Anxiety
Managing Chronic Illness*
Men's Mental Health*
Women's Mental Health*
Coping with Distressing Events*
Mindfulness*

Workplace & Communication Skills

Active Listening
Addictions and the Workplace
Managing Conflict
Effective Communication
Self-Care During Change*
Workplace Harassment*
Thriving with Shiftwork
Time Management
Work-Life Balance
Working While Pregnant*
Diversity in the Workplace*
Team-Building and Collaboration*
Career Development*

Workplace Leadership

Building a Psychologically Healthy Workplace*
Leading Through Change
Supporting Employee Mental Health
Managers' Guide to Workplace Incidents

Physical Health and Wellness

Optimizing Sleep*
Healthy Eating with Shift Work*
Healthy Eating On-the-Go*
Healthy Food for Life*
Managing Menopause*
Staying Healthy while Working from Home*

Specialized Topics

We have a network of professional and clinical experts who can provide seminars on additional specialized topics in the areas of mental health and wellness, physical health and nutrition, financial wellbeing, career support, and leadership development. Specialized topics may be subject to an additional fee.

Cancellation and Rescheduling

We understand that needs and schedules can change, and we will do our best to accommodate any changes. Out of respect for our content developers' and session facilitators' time, we ask that you please take note of the following policies:

Rescheduling Policy: 9 days or less before the seminar date: \$250 rescheduling fee

Cancellation Policy: 6 business days or more before the seminar date: \$250 speaker booking fee
2 – 6 business days before the seminar date: 50% total cost of session
2 days or less before the seminar date: 100% total cost of session

Seminar Descriptions

Family, Relationships, and Life Transitions

Beating the Back-to-School Blues

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

Navigating Caregiving

Caregivers play an essential role, both for society – by supplementing our often-over-burdened healthcare systems – and for those who need 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, including compassion fatigue and caregiver burnout, and provide tips and strategies to help caregivers stay well while giving care.

Areas of Focus:

- Understanding caregiving: Significance, benefits, challenges
- Signs of compassion fatigue and caregiver burnout
- Strategies for maintaining physical and mental well-being

Grief and Bereavement

Over the course of lives, we all experience grief in response to losses – whether the loss of a job, relationship, pet, 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
- Preparing for 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
- Common challenges and stressors (e.g., acculturative stress, norm differences)
- Strategies for supporting international students' adjustment and mental health

Mental Health, Stress, and Resilience

Avoiding 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, with significant 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

Managing Emotions

Emotions can be important and useful signals, but they can also get the best of us – the difference is in how we manage them. Being able to recognize, understand, and regulate our emotional responses can help us navigate our personal and professional lives more effectively. In this seminar, we explore the nature and functions of emotions, providing practical strategies to help participants recognize, respond to, and cope with their emotions in constructive ways.

Areas of Focus:

- Understanding emotions
- Building self-awareness and emotional intelligence
- Healthy skills and strategies for managing and responding to emotions

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

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 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

Managing Chronic Illness

Chronic illness has far-reaching impacts on a person's life and well-being, including their physical health, mental health, social life, professional life, and more. Adjusting to and navigating these impacts requires the right tools and the right support. In this seminar, we explore the challenges associated with chronic illness, empowering participants with the skills, tools, and knowledge to manage their illness, and offering tips to help loved ones provide effective support.

Areas of Focus:

- Understanding the impact of chronic illness
- Adjusting and navigating through grief and uncertainty
- Self-management tools and strategies for maintaining well-being
- Tips for supporting a loved one with a chronic illness

Men's Mental Health

Men often take on key roles and face significant social pressure, navigating tensions between conflicting social norms and expectations. These tensions are especially apparent when it comes to men's mental health, with the mental health challenges men face often going unacknowledged and unaddressed. In this seminar, we explore current perspectives on men's mental health, identifying common mental health concerns in men and the factors that influence men's mental health. We clarify mental health misconceptions and provide tips and strategies to help men improve and maintain their well-being.

Areas of Focus:

- Understanding men's mental health
- Factors affecting men's mental health
- Common misconceptions about mental health
- Strategies for boosting well-being

Women's Mental Health

Women play a vital role in their homes, workplaces, and communities, often wearing multiple hats and managing competing responsibilities and expectations in their personal and professional lives. This balancing act can come with steep costs – women often face unique challenges and continue to experience higher rates of different mental health concerns. In this seminar, we empower participants with the awareness and tools to build better balance and take action for women's well-being.

Areas of focus:

- Understanding women's mental health
- Factors affecting women's mental health
- Self-care and stress management strategies for building balance and boosting well-being

Coping with Distressing Events

When a distressing or traumatic event occurs, it's normal to experience a period of emotional upheaval, and it can take time to adjust. In some cases, that period can be prolonged and the consequences on emotional and physical well-being can be more intense and lasting. In this seminar, we provide strategies for navigating distressing events effectively, helping to increase awareness, build coping skills, and promote adjustment, recovery, and resilience.

Areas of Focus:

- Common reactions to distressing events
- Trauma and post-traumatic stress
- Coping skills and strategies

Mindfulness

Many of us spend our lives on autopilot, bustling through our days, thinking about the past, or worrying about the future. Mindfulness can help us be more present in a way that research has shown can help reduce stress, boost productivity, improve our well-being, and strengthen our relationships with ourselves and other people. In this seminar, we explore the core features and benefits of mindfulness, providing participants with practical tips and strategies for building their own mindfulness practice.

Areas of Focus:

- Understanding mindfulness: Core features
- Benefits associated with mindfulness
- Informal and formal strategies for practicing mindfulness

Workplace and 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 in the workplace and beyond
- Supporting someone living with addiction

Managing Conflict

Workplace conflict is inevitable, and it can be stressful and disruptive. When handled appropriately, however, it can also be an opportunity for personal and professional growth and can even strengthen relationships, facilitate creativity, and enhance productivity. In this seminar, we explore common sources of conflict, identify different conflict management styles, and provide communication and conflict resolution strategies to help participants manage their reactions and successfully navigate and resolve their differences.

Areas of Focus:

- Common sources of conflict
- Context and conflict management styles
- Communication tips and strategies
- De-escalation and conflict resolution strategies

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., active listening, assertiveness)

Self-Care During Change

Change in the workplace is an inevitable part of growth and progress that brings new opportunities. It also brings uncertainty, which can be destabilizing and stressful. Good self-care is critical to surviving – and even thriving – through periods of change. In this seminar, we will discuss how you can manage uncertainty and change in the workplace, providing concrete self-care strategies to help you maintain your well-being and build long-term resilience.

Areas of Focus:

- The psychology and impact of change
- Self-care tips and strategies
- Strategies for building resilience

Workplace Harassment

Workplace harassment is a long-standing and increasing concern for many organizations, as it can have far-reaching personal and professional consequences. In this seminar, we explore what workplace harassment can look like, what makes it more likely to happen, and how it can be prevented and addressed. We will equip participants with the knowledge and tools to work together to create safe and healthy workplaces that foster belonging, acknowledgement and celebration of differences, well-being, and productivity.

Areas of Focus:

- Understanding and recognizing workplace harassment
- Identifying personal and workplace risk factors for harassment
- Tips and strategies for preventing and dealing with workplace harassment
- Tips for creating a safe, supportive workplace culture

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 mismanagement
- Strategies for effective time management

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 better balance

Working While Pregnant

If you're working while pregnant and feeling like you're juggling two full-time jobs, you're not alone! Pregnancy brings numerous physical, mental, and emotional changes. It can be an exciting, stressful, uncertain, and exhausting time – especially while balancing work responsibilities. In this seminar, we explore common pregnancy symptoms and challenges, and provide practical tips and strategies for building balance, managing competing demands, and navigating pregnancy at work.

Areas of Focus:

- Common pregnancy challenges in the workplace
- Tips and strategies for addressing pregnancy challenges in the workplace
- Strategies for maintaining balance and well-being
- Strategies for supporting a pregnant colleague

Diversity in the Workplace

Workplaces are strengthened by diversity – having a wide range of perspectives, experiences, identities, backgrounds, and skills leads to innovation and increases productivity. It's critical, however, to incorporate inclusive practices that build mutual respect, support different voices, and foster collaboration. In this seminar, we explore different types of diversity, inclusive practices and policies, and barriers to inclusion, providing tips and strategies on how to overcome these barriers, accommodate and celebrate differences, and build belonging.

Areas of Focus:

- Understanding diversity
- Barriers to inclusion and effects of exclusion
- Examples of inclusive practices and policies
- Micro and macro strategies for building belonging

Team-Building and Collaboration

Workplace teams can sometimes fit together seamless and naturally, but more often than not, building and maintaining an engaged, collaborative, cohesive team requires the effort of each team member. In this seminar, we discuss how teams can build trust and collaboration, providing practical strategies and exercises to foster healthy communication, identify and build on strengths, and navigate differences.

Areas of Focus:

- Building blocks of a cohesive team
- Communication strategies and exercises
- Collaboration strategies and exercises
- Problem-solving and conflict resolution strategies

Career Development

Career trajectories look different today than they did in the past, but one thing remains the same: getting the most out of your career starts with self-awareness and planning. In this seminar, we provide you with the tools and strategies you need to take stock of where your career is, identify where you want it to go, and figure out the steps that you need to take to get it there.

Areas of Focus:

- Self-assessment questions and tools
- Values identification and goal setting
- Considerations for taking action (e.g., skills development, networking, personal brand)

Workplace Leadership

Building a Psychologically Healthy Workplace

Employees face evolving social and economic changes and pressures from both inside and outside their organizations. A healthy workplace culture can help employees survive – and even thrive – through these challenges. In this seminar, we explore how leaders can drive meaningful culture change and build psychologically healthy workplaces that support wellbeing and foster resilience. We will equip leaders with the knowledge and tools to understand, recognize, and address mental health needs; build and sustain psychological safety; and develop practices that support both performance and well-being.

Areas of Focus:

- Understanding and prioritizing mental health in the workplace
- Building psychological health and safety
- Fostering resilience: Promoting self-care and work-life balance
- Supporting performance: Balancing accountability and empathy

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

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

Manager's Guide to Workplace Incidents

Workplace incidents – especially those involving harm, violence, or threats to safety – can be overwhelming and stressful to handle in the moment, especially as a manager. Making a plan in advance can reduce that stress, increase your confidence, and help you provide appropriate, effective intervention and support. In this seminar, we provide an overview of workplace incidents, as well as tools, guidelines, and strategies for managing these incidents successfully.

Areas of Focus:

- Types of workplace incidents
- Important considerations and decision-making tools
- Guidelines, strategies, and resources for managing different workplace incidents (during, immediate aftermath, long-term effects)
- Psychological first aid

Physical Health and Wellness

Optimizing Sleep

Sleep is essential for our physical and mental health and functioning. How we sleep each night plays a role in everything from the repairing of our tissues to our ability to focus, problem-solve, remember important things, make decisions, and manage our emotions each day. In this seminar, we provide you with awareness and practical tools and strategies to improve your sleep quality and support your long-term well-being.

Areas of Focus:

- Factors that affect sleep quality
- Common sleep concerns
- Practical strategies for improving sleep quality

Healthy Eating with Shift Work

Good nutrition is essential for virtually every aspect of our lives and well-being. It's especially important – and can be especially difficult to prioritize – when doing shift work. In this seminar, we provide you with information about the unique well-being and nutrition challenges associated with shift work, as well as concrete tips and strategies for how to navigate those challenges and get the nutrients you need to stay healthy.

Areas of Focus:

- The impact of shift work
- How shift work affects eating habits
- Tips and strategies for boosting nutrition and well-being

Healthy Eating On-the-Go

For many of us, life is incredibly busy. We're often juggling multiple personal and professional demands. Good nutrition is a critical part of sustaining our energy and helping us meet those demands. In this seminar, we provide you with awareness and strategies to help you prioritize your nutrition and eat healthy while on-the-go.

Areas of Focus:

- Common barriers to eating healthy
- Nutrition basics and recommendations
- Tips and strategies for healthy eating on a busy schedule

Healthy Food for Life

Good nutrition is an essential pillar of wellbeing. It affects almost every aspect of our lives, from our day-to-day mood, energy, and focus to our long-term physical and mental health. But with so much information (and misinformation) out there, it can be hard to know where to start. In this seminar, we provide you with the information you need to build a solid nutritional foundation that supports your life and wellbeing.

Areas of Focus:

- The link between food and physical and mental health
- Overview of the updated Canada's Food Guide
- Tips and guidelines beyond the Food Guide (e.g., gut health, brain health)

Managing Menopause

Menopause – a natural part of aging – represents a significant transition in a woman's life. Along with hormonal changes, it tends to come with a host of other physical, mental, sexual, social, and emotional experiences. While menopause affects women differently, many women will experience things like hot flashes, night sweats, joint pain, mood swings, sleep issues, forgetfulness, changes in sexual desire and functioning, and shifts in their identity and roles over the menopausal period. While these things can be incredibly challenging, with the right knowledge, tools, and support, it's possible to survive – and thrive – through this transition. In this seminar, we take a holistic approach to menopause and empower you with the knowledge and tools you need to navigate menopause effectively.

Areas of Focus:

- Understanding menopause
- Common challenges associated with menopause
- Tools and strategies for navigating menopause
- Tips for supporting someone going through menopause

Staying Healthy while Working from Home

Working from home can be both beneficial and challenging when it comes to maintaining your physical and mental health. The flexibility, eliminated commute, and access to your home's amenities can help with reducing financial and other stress, improving work-life balance, and making time to exercise and make healthy meals. It can also, however, be more isolating, distracting, and harder to keep healthy boundaries (not to mention resist constant snacking!). In this seminar, we provide information and strategies to help you navigate the challenges, maximize the benefits, and stay healthy while working from home.

Areas of Focus:

- Health benefits and challenges of working from home
- Tips for maintaining physical health
- Tips for maintaining mental health

Additional Offerings: Ask an Expert

Kii cares. And because we care, we're excited to offer free monthly health and well-being webinars in addition to our paid offerings.

Each month, we ask subject matter experts in our network – dietitians, social workers, psychologists, financial experts – to spend a half hour sharing their expertise and answering your questions on the topics that matter most to you. Our *Ask an Expert* webinars are presented in both English (at 12pm EST) and French (at 1pm EST), and recordings (and transcripts) are made available after each session.

This year's webinars are below – you can click each topic to register. If there's a topic that interests you that you don't see below, don't hesitate to contact our Community mailbox (community@kiihealth.ca) so that we can take new suggestions into account for 2026.

Date	Topic
January 8th	Setting Effective Goals
February 12th	Nutrition and Well-Being
March 19th	Sleep and Insomnia
April 9th	Climate-Related Anxiety
May 14th	Family Relationships and Setting Boundaries
June 11th	Inclusivity
July 9th	Perimenopause/ Menopause
August 13th	Personal Planning/ Getting Back into Routine
September 10th	Men's Mental Health
October 15th	Mindfulness-Based Stress Reduction
November 12th	Financial Literacy
December 10th	Conflict Resolution