

# DEALING WITH TRANSITIONS & Managing Workplace Stress

## Virtual Webinar Thursday March 2, 2023 1:30-2:30 via Zoom

Uncertainty and unpredictability have been constants throughout the last few years as has the need to navigate transitions. In this webinar participants will have the opportunity to gain insight into change processes and their impact on workplace mental health. Strategies for managing hybrid working models and combating stress will also be explored.

### WHAT'S IN IT FOR YOU:

- How it impacts your work**  
Examine the process of transitions and its impact on workplace mental health
- Strategies & Balance**  
Learn strategies for exercising work-life balance when engaging in work
- Your Mental Health**  
Learn principles for positive mental health and what individuals can do to deal with uncertainty

OFFERED BY <https://yourhealthspace.ca>

Next week on **March 2, 2023 from 1:30-2:30 pm** Your Health Space will be offering an incredible webinar related to **Dealing with Transitions & Managing Workplace Stress**. Uncertainty and unpredictability have been constants throughout the last few years as has the need to navigate transitions. In this webinar participants will have the opportunity to gain insight into change processes and their impact on workplace mental health. Strategies for managing hybrid working models and combating stress will also be explored. This session is intended to support individuals and teams of Waypoint as they have identified needs and opportunities within our Psych Health Conversation Kits, wellness initiatives and requesting increased resources related to wellbeing.

#### Next Steps:

- Please consider printing the flyer attached and posting in your service area
- REPLY to this email to register, and the calendar invite & Zoom link will be forwarded to you
- Connect with your manager and carve out time as a team to join together

Any questions, concerns or comments, please let Liz Everett know how she can support you in your journey to exploring and participating in opportunities to nurture your wellbeing.

E: [leverett@waypointcentre.ca](mailto:leverett@waypointcentre.ca)

T: (705) 549.3181 (ext. 2674)