



Building a Wellness Culture: *One Person, One Practice at a Time*

Description:

Does it feel like your workplace is going in a downward spiral? Is yours a workplace where people truly flourish? The human and financial costs to negative work cultures are huge, but there is hope. In this workshop you will learn that positive and healthy cultures are built through practices, not programs. You will learn how to apply these practices on a daily basis to positively disrupt downward spirals and to shift your culture to one where people can flourish.

Through practical activities and engaging discussion you will:

- Develop simple practices that can shift your own positivity as a leader
- Discover how to build flourishing teams
- Get hands-on practice with 5 low cost/no cost tools to influence a positive culture at work
- Explore the question “Who are we when we’re at our best?”
- Experience the principles of positive organizing
- Find out how to tailor these practices and principles to grow this movement within your own workplace

Deb is an extremely engaging facilitator and presenter and has the ability to encourage people to participate and contribute to the discussion.

- Brenda McKay, Manager, Vancouver Island University

Deborah researches the latest breakthroughs in workplace wellness around the globe. For her forthcoming book, she interviewed many of the leading thinkers from this field and scanned the research on shifting culture at work. As Deb shares stories of easy-to-implement processes that are actually transforming workplace cultures for the better, she will introduce you to the “through-line approach” to shifting your culture. You will come away inspired to overcome negativity and stagnation at work and to create a culture of possibility that attracts and retains the best people.

Singlehandedly, through the vehicle of her annual conferences, Deborah has brought the field of workplace health promotion and wellness to a point where it is now a mature, thriving concept. There is, in short, no other one person in Canada who has done more for the field.

***- Dr. Martin Shain,
Principal, Neighbour at Work Centre®***

Deborah Connors started her career in a very dysfunctional and unhealthy work environment, but deep down knew there had to be a ‘better, healthier way to do business.’ This resulted in her vision to develop The Better Workplace Conference, a national event that she successfully led for 17 years. She is a prominent figure in the story of how Canadian workplaces have adopted practices to become better places to work. This powerful conference attracted a community of like-minded individuals and created a whole generation of health and wellness professionals. She has now brilliantly distilled the knowledge of hundreds of the thought-leaders she brought together each year through this forum, and combined it with her own leadership experience to bring you the best of what we know to date on shifting workplace culture.

Deborah is a thoughtful and articulate speaker who is supremely professional, but not so much that she shields others from seeing her vulnerability. She is credible for her humanity as well as her organizational health experience.

***- Linda Lewis-Daly
Managing Director, Lewis-Daly & Associates***