



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

Is your workplace one where people truly flourish? In this workshop, participants will learn to apply some simple practices that can shift team culture to promote flourishing. These practices relate to creating compelling, shared team vision and igniting team positivity.

Based on Deborah's book: ***A Better Place to Work: Daily Practices That Transform Culture***, participants will have the opportunity to explore practices that:

- Shift their own positivity as leaders
- Build flourishing teams
- Increase energy and resilience

Deborah will share her BE POSITIVE framework, which outlines daily evidence-based practices that shift culture to one where people can flourish. We will explore some transformational questions before (pre-work) and during the workshop to understand and work from our strengths as a team. You will get hands-on experience with practices that increase positivity and resilience such as gratitude, mindfulness, appreciative inquiry, team debriefs and reflective action, through individual and small group activities. Deborah shares her "through-line" approach to putting these practices in place and course-correcting as you go. You will come away inspired to overcome negativity at work and to know how to ignite upward spirals in your teams.

Learning Outcomes

- Get hands-on experience with workplace practices that increase positivity in teams including mindfulness, appreciative inquiry, gratitude and reflective action.
- Explore the question 'who are we when we are at our best?' to understand and build on your team strengths.



- Learn how 'living your values' fits with and is a part of developing these practices that lead to a more positive, healthy workplace.
- Hear about positive practices being used in other organizations and how to tailor these practices to grow this movement within your own team.
- Develop your own "through-line" to shift your culture at work.

Bio

A captivating speaker, storyteller, author and workplace coach, Deborah researches the latest breakthroughs in workplace wellness around the globe. She has interviewed many of the leading thinkers, which forms the basis of her work: teaching leaders how to radically shift culture so that people can flourish. She is a prominent figure in the story of how Canadian workplaces have adopted practices to become better places to work through her development of The Better Workplace Conference, which she successfully led for 17 years. This powerful initiative created a whole generation of workplace health professionals and a huge community of practice.

She has now brilliantly distilled the knowledge of hundreds of thought-leaders that she brought together each year through this forum, combining it with her own leadership experience and success in community engagement and provides very sage, practical advice for transformative workplace change. Deborah holds a BSc (Nutrition) and an MPE (Health Promotion). She is a certified CMHA Psychological Health & Safety Advisor, and has completed BOSS 2016 (Business of Speaking School).

Target Audience

This workshop is designed for teams or departments within organizations.

Type of Presentation

High-involvement facilitated workshop where delegates will practice various activities individually, in pairs, in teams, and as a large group. I will introduce each practice and then move into experiential activities. This will be at times very reflective (giving opportunity to reflect and make personal notes) and at times very energetic (giving the opportunity to try out activities with others).