

Workplace Wellness Series

for Administrators
and Educators

New Date!



Facilitating a Culture of Mindfulness: Supporting Well-being and Stress Management

As a leader, one of your responsibilities is to shape the culture of your organization. It is now well researched and known that organizations that are committed to supporting their employees in a compassionate way and that embrace a culture of mindfulness are successful workplaces, where employees are less stressed, more productive, and actually enjoy their work more.

In this workshop for Executive Directors and Program Managers, participants will discover the qualities of mindful and compassionate organizations and how they can truly change the work experience for everyone. As role models, participants will also explore their own self compassion and stress management practices. They will be introduced to strategies to facilitate the development and support of a culture of mindfulness and compassion.

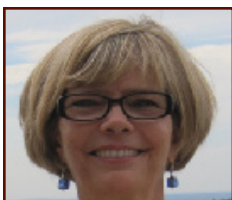
Objective

Through discussion, sharing and experiential activities, provide participants with an understanding of what is a positive culture based on compassion and mindfulness, the importance of it for the well-being of all stakeholders and strategies to facilitate and coach their staff to practice self compassion and stress management.

Thursday June 6, 2019 • 9:00 am to 12:00 pm • ECCDC Conference Room, 3340 Schmon Parkway, Thorold • \$55 includes a light lunch and all session materials

Please note the Executive Directors Network Meeting will take place immediately following this session from 1:00 to 2:30 pm. Please register separately for the ED Network meeting.

To register, call 905.646.7311 ext. 304, email eccdc@eccdc.org or visit www.eccdc.org



About Elizabeth Skronski ~ Elizabeth holds a B.A. in clinical psychology from McGill University and also holds a certificate in Applied Mindfulness from the University of Toronto. She is a Certified Personal and Executive Developmental Coach. She is also a certified facilitator in Meditation, Transformative Mindfulness, the Five Tibetan Yogas, and is a facilitator of the 16 Guidelines, a framework to live a meaningful life, create inspiring workplaces, and engage employees.