

SESSION: Protect Your Resilience: How to Reduce Anxiety and Lower Burnout in the Workplace

Date and Time:

Saturday, September 12, 2020

10:00 a.m. to 12:00 p.m.

Presentation Details:

How resilient are you? It's a question worth asking. Our ability to be resilient, or bounce back, can have a significant influence on how we manage stress and interact with our colleagues and clients, on our mental and physical health, and, ultimately, on our success.

The good news is that resilience in the workplace and in life can be built and improved. This session provides research-based tips to help you build and protect your resilience and support the resilience of others, whether at work or in your personal life. You may be surprised at how applying some basic principles of cognitive behavioural research can produce positive results in your life.

The learning objectives for this session include:

- Identify warning signs that your resilience is low and the potential implications for you, your team and the organization
- Understand the links between physical, mental and financial health
- Learn how to implement practical, research-based tools to both build and retain your resilience

Presented by:

Marie-Hélène Pelletier, PhD, MBA, Rpsych

About the presenter:

Throughout her career in business management and psychology, Dr. Marie-Hélène Pelletier has spearheaded a national dialogue on the crucial issues of leadership resilience and workplace health. Drawing on her extensive background in corporate, insurance, governance and public sectors, she brings national and international perspectives and expertise on mental health and

resilience as a key pillar of overall health. She is a bilingual practicing psychologist with over 20 years of experience in clinical, counselling, and advisory workplace psychology and holds a Ph.D. in counselling psychology from the University of British Columbia and an MBA from the UBC Sauder School of Business. Marie-Helene is a Member of the Global Clinical Practice Network of the World Health Organization, and past Director on the boards of the Canadian Psychological Association and the International Association of Applied Psychology. She has presented and authored and co-authored a number of industry and academic publications and was won numerous academic and industry awards, including the Industry Leadership Award from Benefits Canada. Find out more at drmhpelletier.com