

# Taking Care of Me

## Employee Workshop Series

*Struggling to take **good** care of **you**? Join us for the Taking Care of Me series. Focused professional education and personal development opportunities to support VCH employee wellness. Free and conveniently scheduled 1-3 hour sessions for employees to attend on their own time.*

### Health & Wellness

- **Stress Less**  
Mindfulness Based Stress Reduction for busy people
- **Making Shiftwork Work for you**  
Creating healthy eating and sleep habits 24/7
- **Garden to Table**  
Bringing the best from your garden to your table
- **Moving Mindfully - Stress to Serenity**  
Using yoga, breath, and exercise to reduce stress

### Relationships & Family

- **Successful Succession**  
Understanding the new Wills, Estate & Succession Act
- **Retirement Readiness**  
Understand the power of Pensions, RRSP's & TFSA's
- **Parenting our Parents**  
How caregivers can successfully manage eldercare and self-care

### Career & Work

- **Ready for Success. Renovate your Resume. Prepare for Promotion.**  
Resume writing and interviewing skills
- **Handle with Care**  
Conflict Resolution in the Workplace
- **The EQ Effect**  
Using Emotional Intelligence for effective conversations
- **Stamping out Bad Behaviour**  
How to deal with Bullying and Harassment in the Workplace
- **The Struggle to Juggle**  
Building Resilience
- **Combatting Compassion Fatigue**  
Reducing and Preventing Compassion Fatigue

please see <http://www.efap.ca/services/TakingCareofMeSeries.htm> for updates and details