

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