

Taking Care of Me

Employee Workshop Series

*Struggling to take **good** care of **you**? Join us for the **fall** sessions of 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
- **Breast Cancer Prevention**
Prevention through healthy lifestyle changes

Relationships & Family

- **Finance 101**
- **Successful Succession**
Understanding the new Wills, Estate & Succession Act
- **Retirement Readiness**
Understand the power of Pensions, RRSP's & TFSA's

Career & Work

- **Resume Writing & 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

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

OR register directly on CCRS – search courses “Taking Care of Me”