

Hosted by:



Canadian Mental  
Health Association  
Manitoba and Winnipeg  
*Mental health for all*

Presenting  
Sponsor:



Manitoba  
Government  
and General  
Employees'  
Union

## WORKING TOGETHER

THRIVING @ WORK 2022

CO-CREATING PSYCHOLOGICALLY HEALTHY AND SAFER WORKPLACES  
SEPTEMBER 22-23, 2022 - WINNIPEG, MANITOBA

The pandemic continues to have a significant impact on workplaces, driving the need to cultivate change to - protect and foster the mental health and well-being of employees. While recent challenges have thrust many businesses and industries into change and turmoil, we are also now poised - to work together and leverage our collective knowledge and experience to co-create; key mechanisms that foster a strong, resilient, and thriving workforce today and into the future.

This conference will showcase innovation, present research, and share policy, practice, and educational content in the conference streams below. This combined in-person and virtual two-day conference will focus on creative and collaborative approaches to addressing key challenges organizations face when implementing programs and measuring policy; as well as sharing best practices and exploring future innovation. The challenges we have faced together have set the stage for more productive conversations about mental health across all workforce sectors, resulting in new pathways for discovering how we can support the well-being of everyone within our organizational cultures.

All industries are warmly invited to participate as we attract leaders, managers, union representatives, occupational health and safety, human resource professionals, hospitality, construction, health, and education sector personnel to find connection to co-create innovative and evidence-based research from industry leaders who have prioritized mental health and well-being in Canadian workplaces.

The Canadian Mental Health Association (CMHA), Manitoba and Winnipeg, together with our Presenting Sponsor, MGEU (Manitoba Government Employees Union), invite you or your organization to submit an abstract for consideration to Manitoba's inaugural Workplace Mental Health conference '*WORKING TOGETHER: Thriving @ Work 2022 - Co-Creating Psychologically Healthy and Safer Workplaces*, on September 22-23, 2022.

**Mark your calendars NOW – You don't want to miss the first comprehensive workplace mental health conference in Manitoba.**

### **About the Conference**

We believe that our success is dependent upon working together. This conference will offer attendees the choice of an in-person or virtual experience to network with peers across Manitoba from diverse industries with the common goal of seeing employees flourish and thrive in their mental health, well-being, and career development. Come learn from those who have collaborated in shifting workplace culture, using lived experience to open conversations that normalize mental health challenges, and placed working together as a priority for all, while providing practical, achievable, and inclusive approaches to improving workplace mental health. Ultimately, our goal is to reduce exposure to occupational stressors; increase engagement, drive innovation and productivity by creating psychologically safe workplaces; and to recognize and respond to mental health challenges and how workplaces across Canada have adapted to new ways of doing business.

*Coming together is a beginning; keeping together is progress; working together is success – E.E. Hale*



## **Conference Streams**

### **1. Risk Factors to Workplace Mental Health & Well-Being**

- Preventing mental health impacts through exploration of psychosocial risk factors – Canadian Standard for PHS
- Overcoming stigma
- Normalizing flexible work accommodations
- Recognizing and responding to suicide risk
- Adapting and improving program uptake for vulnerable populations

### **2. Promoting and Responding to Mental Health and Creating Healthy Workplace Culture and Positive Leadership**

- Recognizing challenges, barriers, and solutions for managing psychosocial risk factors
- Co-designing policies that prioritize inclusion and respect
- Accepting Mental health as a shared responsibility – leadership styles in creating mentally healthy workplaces – from onboarding to ongoing training
- Developing multi-focused approaches to supporting young professionals and those approaching retirement
- Promoting recovery and resilience through lessons learned from lived experience

### **3. The Future Workforce and Opportunities for Workplace Mental Health and Well-Being**

- Implementing the long-term sustainability of hybrid working environments
- Fostering a balance between work, life, and play
- Preventing and responding to signs of employee burnout, compassion fatigue -- including vicarious impact and occupational stress injury
- Sharing research and lessons learned from COVID-19
- Engaging ongoing dialogue, building allies and champions, and fostering strengths-based workplace culture

**Sessions should be 60 or 90 minutes in length.**

The conference will accept research posters on the above topics for display at the venue.

#### **Deadline for Abstract Submissions is June 3, 2022**

Please submit your abstract to: [www.innovative4youevents.com/workingtogether2022.htm](http://www.innovative4youevents.com/workingtogether2022.htm)

Any questions, please contact Sherry Sim, Event Manager at 1-866-655-8548 or by email: [sherry@innovative4you.com](mailto:sherry@innovative4you.com)

*The Canadian Mental Health Association Manitoba and Winnipeg is a non-profit, charitable organization with a mission to honour and promote the mental health of all Manitobans. Our vision is to support mentally healthy people in a healthy society. Together, with community-based partners across the province, we work to provide programming, services and supports that foster resilience and recovery.*