

Workshop Facilitator

Nancy Dubois is a consultant with The Health Communication Unit at the Centre for Health Promotion, University of Toronto. She is also the Principal with DU•B•FIT Consulting, a health promotion and planning firm based in southwestern Ontario. The firm focuses on the facilitation of workshops and planning sessions, as well as project management and consultative services on a wide variety of health promotion and public health topics.

Nancy has worked on many projects focusing on workplace health such as:

- The lead consultant for seven years in a capacity building project for workplace health professionals through the University of Toronto
- The designer for a community-based workplace toolkit used by workplaces in Waterloo and Haldimand-Norfolk regions
- A presenter at numerous workplace health training events and conferences
- The developmental consultant in workplace health for the Heart and Stroke Foundations in Ontario and Nova Scotia and the British Columbia Active Workplaces initiative

What:

A workshop that will help build your capacity to plan and implement health promotion activities in your workplace.

When:

January 21, 2009, 8:30 a.m. - 3:30 p.m.

Where:

99 Regina Street South, Room 508
Waterloo, Ontario N2J 4V3

Cost:

No cost. Lunch is provided.

**Registration deadline is January 12, 2009
(register early as space is limited to 40).**

**Register on-line at www.projecthealth.ca
(click on *Networking Sessions*) or call
519-883-2287 or fax 519-883-2226.**

Supportive Management and Engaged Employees in Wellness Programming: A Winning Combination!

January 21, 2009

8:30 a.m. - 3:30 p.m.

99 Regina St. S., Room 508
Waterloo, ON



The workshop is supported by:



Project Health
Supporting Healthy Workplaces

THE HEALTH COMMUNICATION UNIT

at the Centre for Health Promotion
University of Toronto


Together4Health
Workplace Wellness Group



This free one day workshop will bring together local workplace health promoters to learn about how to gain and maintain interest in workplace wellness from both management and employees.

What you can expect to learn:

- What tools, tips and strategies can be used to engage the support of management in your wellness programming
- How to keep your initiatives fresh, exciting and fun
- Understand how to maintain momentum and keep employees engaged

Who should attend?

- People who are looking to start workplace wellness programs and need the support of employers and employees
- People who have begun workplace wellness programs and are looking for management support for their plans
- People who are new to the field of workplace health promotion and looking at how to get started
- People who have been operating workplace wellness initiatives and are looking for ways to enhance employee participation



Workshop Outline

8:30 - 9:00 a.m.

- Registration, coffee and light breakfast

9:00 a.m. - noon

- Comprehensive Workplace Framework
- Obtaining Management Support
 - “Making the Business Case” for wellness programming
 - Persuasion tactics

noon - 12:30 p.m. Lunch (provided)

12:30 - 3:30 p.m.

- Applicable theories to gain and maintain employee interest
- Raising awareness with effective messages
- Strategies to motivate employees

