

# 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:

October 8, 2008, 8:30 - 3:30 p.m.

## Where:

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

## Cost:

No cost. Lunch is provided.

**Registration deadline is September 26th  
(register early as space is limited to 40).**

**Register on-line at [www.projecthealth.ca](http://www.projecthealth.ca)  
(click on *Networking Sessions*) or call  
519-883-2008 ext. 5292.**

# Developing a Workplace Wellness Plan that Works!

**October 8, 2008**

**8:30 - 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 the steps to create a workplace wellness plan and an opportunity to apply these learnings in the development of your own plan.

## What you can expect to learn:

- What information needs to be considered before developing your wellness workplan
- How to align your wellness goals to your company's strategic plan
- Steps to developing your own workplace wellness plan

## Who should attend?

- People who are looking to start workplace wellness programs
- People who have begun workplace wellness programs and are looking for an opportunity to get their plans organized
- People who are new to the field of workplace health promotion and looking at how to get started



## Workshop Outline

### *8:00 a.m.*

- registration, coffee and light refreshments

### *8:30 a.m. - noon*

- types of planning and steps to building a workplace wellness plan
- how to write good wellness objectives
- examples of how to integrate wellness activities to meet your objectives

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

### *12:30 - 3:30 p.m.*

- explore steps in planning and how to align your wellness goals and objectives to your workplace's strategic directions/statements
- develop skills in writing your own wellness workplan utilizing information/data you bring from your workplace (\* we will identify the type of information to bring prior to this session)