



USE THE POWER OF GROUP COMMUNICATION TO CREATE A CULTURE OF WELL BEING.

# SEMINARS

by Doctor Vermani, C.Psych., Clinical Psychologist

## OUR SEMINARS ARE AN EFFECTIVE WAY TO START A MEANINGFUL CONVERSATION ABOUT MENTAL HEALTH

### OPEN DISCUSSIONS BREAK DOWN THE STIGMA SURROUNDING MENTAL HEALTH.

Eliminating the stigma of mental health by promoting awareness and understanding and fostering wellness and support is an effective defense against the rising trend in short- and long-term absences. Dr. Vermani's seminars deliver effective education and encourage open discussions that break down the stigma and myths that shroud mental illness. Employees feel encouraged, supported and safe to seek help and take the first step toward recovery.

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## FEATURES

Seminars are led by professional facilitators and run between two to four hours in length.

### SEMINARS ENHANCE SPECIFIC COMPANY WELLNESS INITIATIVES.

There are numerous seminar topics from which to choose. We also tailor seminars to any issue your company or employees need to address in support of the development of best practices, policies and procedures for a healthier work environment and individual wellness enhancement.

### GROUP TRAINING ENGAGES AND MOTIVATES ATTENDEES AND DEVELOPS COMRADERY.

Designed to educate and enrich employees, wellness seminars address everything from stress management to preventing burnout, and teach skills that can be applied to real-life situations.

Instructor-led training is fun and interactive, with employees sharing ideas and comparing results.

**STOP JUST EXISTING AND START LIVING!**



# SEMINARS ARE DESIGNED TO EDUCATE AND ENRICH

## SEMINAR TOPICS

Seminar topics include:

- Mental Health & Substance Abuse
- Managing Stress, Mood and Anxiety
- Understanding Mental Health and Illness
- Bullying in the Workplace
- Healthy Conflict Resolution
- Diversity and Cultural Awareness
- Workplace Violence
- Anger Management
- Balance and Avoiding Burnout

Visit [mvstartliving.com](http://mvstartliving.com) to see more topics.  
All topics are customizable.



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## STATISTICS

**DUE TO PRIOR STIGMATIZATION, EMPLOYEES SUFFERING MENTAL HEALTH ISSUES OFTEN DO NOT REPORT OR DISCLOSE THESE ISSUES.**

Brohan, E., Henderson, C., Wheat, K., Malcolm, E., Clement, S., Barley, E. A., ... Thornicroft, G. (2012). Systematic review of beliefs, behaviours and influencing factors associated with disclosure of a mental health problem in the workplace. *BMC Psychiatry*, 1-14.

**MENTAL HEALTH ISSUES IN CANADA ALONE ACCOUNT FOR MORE THAN \$6 BILLION IN LOST PRODUCTIVITY DUE TO RELATED ABSENTEEISM AND PRESENTEEISM.**

Smetanin, P., Stiff, D., Briante, C., Adair, C., Ahmad, S., & Khan, M. (2011). The life and economic impact of major mental illnesses in Canada: 2011 to 2041. *RiskAnalytica*, on behalf of the Mental Health Commission of Canada.

**40% OF WORKER TURNOVER IS ATTRIBUTED TO 'STRESS.'**

**STOP JUST EXISTING AND START LIVING!**