



TARGET SPECIFIC ISSUES EFFECTING WORKPLACE PERFORMANCE IN A FUN AND INFORMATIVE FORMAT.

# WORKSHOPS

by Doctor Vermani, C.Psych., Clinical Psychologist

## PROVIDE EMPLOYEES WITH THE TOOLS THEY NEED TO MAKE HEALTHY CHOICES

**OUR WORKSHOPS OFFER A FUN AND INFORMATIVE FORMAT FOR LEARNING.**

It is universally acknowledged that mentally fit employees are productive and dedicated to their work. More and more organizations are beginning to see the value of tackling mental health issues in the workplace.

Our workshops target issues impacting workplace performance in an informative, participatory setting. Our approach engages participants in lively discussions and interactive exercises in a safe, comfortable environment.



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## FEATURES

Our workshops allow you to provide your employees with powerful, interactive wellness education.

**OUR INTERACTIVE APPROACH FACILITATES ACTIVE LEARNING AND INDIVIDUAL EMPOWERMENT.**

Our workshops not only provide employees with valuable tools to help them improve their mental health, they work on applying this knowledge in session. Our dynamic team exercises and discussions help participants connect and apply the skills and strategies we give them in a professional/social context.

**WE FOCUS ON WELLNESS.**

Our workshops focus on intangible factors, like feelings and attitudes, and the impact of negative emotions and mindsets in our professional and personal lives.

**WE ENGAGE EMPLOYEES TO GET RESULTS.**

Workshops are designed to build awareness and understanding of the importance of fostering mental health and wellness, and to equip participants with the tools they need to take charge of their emotional wellbeing.

**STOP JUST EXISTING AND START LIVING!**



# WORKSHOPS ARE A FUN, ENGAGING WAY TO LEARN

## WORKSHOP TOPICS

We offer a dynamic range of customizable topics, including:

- 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

For a full list of Workshops, visit [mvstartliving.com](http://mvstartliving.com).



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## STATISTICS

WITH EMPLOYEES SPENDING MORE THAN 60% OF THEIR WAKING HOURS ON THE JOB, THE DYNAMICS OF THE WORK ENVIRONMENT HAVE A MAJOR IMPACT ON MENTAL HEALTH.

Black, C. (2008). Working for a Healthier Tomorrow: Dame Carol Black's Review of the Health of Britain's Working Age Population: Presented to the Secretary of State for Health and the Secretary of State for Work Pensions. London: TSO.

PEER SUPPORT FOR PEOPLE STRUGGLING WITH MENTAL HEALTH ISSUES REDUCES HOSPITALIZATIONS AND IMPROVES THEIR QUALITY OF LIFE.

Nelson, G., Ochocka, J., Janzen, R., & Trainor, J. (2006). A longitudinal study of mental health consumer/survivor initiatives: Part 2 – A quantitative study of impacts of participation on new members. *Journal of Community Psychology*, 34 (3), 261–272.

AT THE END OF THE WORKING DAY, 62% OF WORKERS COMPLAIN OF NECK PAIN, 44% REPORT EYE FATIGUE, 34% EXPERIENCE DIFFICULTY SLEEPING DUE TO STRESS.

**STOP JUST EXISTING AND START LIVING!**