



A SHORT, INFORMAL SESSION IS A GREAT WAY TO OPEN THE CHANNELS OF COMMUNICATION.

LUNCH AND LEARN

by Doctor Vermani, C.Psych., Clinical Psychologist

LUNCH AND LEARNS FACILITATE TEAM COMMUNICATION AND ENHANCE AWARENESS

LUNCH AND LEARN SESSIONS MAKE EXCELLENT USE OF LIMITED TRAINING TIME AND OPPORTUNITIES.

What sets us apart from other programs is our informal structure and multi-faceted approach, delivered by experts. This brief, informal format provides an effective channel for learning, understanding and committing to change. Our Lunch and Learn programs facilitate dynamic information flow and discussion. Whether addressing individual development or corporate cohesion, these sessions can boost employee motivation and create a more successful work environment.

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**Start Living**
LIFE LESSONS

FEATURES

A Lunch and Learn is a 45- to 60-minute training presentation.

THEY'RE A GREAT WAY TO INTRODUCE TOPICS ASSOCIATED WITH MENTAL HEALTH, WELLBEING AND PRODUCTIVITY.

Lunch and Learns are a great way to develop and motivate employees while improving communication, healthy collaboration and successful learning. Our informal format allows us to explore sensitive topics in a relaxed manner.

THE SHORT TIMEFRAME ALLOWS FOR A CONCISE GENERAL OVERVIEW OF A TOPIC.

These psycho-education talks break down the stigma of mental illness and provide helpful strategies for improving mental health, wellness, stress management, and life betterment.

OUR EXPERTS BRING A WEALTH OF KNOWLEDGE TO YOUR ORGANIZATION.

Employees will learn helpful, applicable strategies and tips that they can incorporate into their lives immediately.

STOP JUST EXISTING AND START LIVING!



LUNCH AND LEARNS ARE INFORMAL AND SOCIAL

LUNCH AND LEARN TOPICS

We offer numerous Lunch and Learn 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

Visit mvstartliving.com to see more topics. All topics are customizable.



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STATISTICS

INVESTING IN MENTAL HEALTH IS AN EFFECTIVE STRATEGY THAT HEDGES AGAINST MENTAL ILLNESS AND ITS ASSOCIATED COSTS. THE AVERAGE DISABILITY LEAVE OF ABSENCE COSTS \$18,000.

Dewa, C. S., Chau, N., & Dermer, S. (2010). Examining the Comparative Incidence and Costs of Physical and Mental Health-Related Disabilities in an Employed Population. *Journal of Occupational and Environmental Medicine*, 758-762..

MENTAL HEALTH ISSUES ACCOUNT FOR 30% OF SHORT- AND LONG-TERM DISABILITY CLAIMS.

Sairanen, S., Matzanke, D., & Smeall, D. (2011). The business case: Collaborating to help employees maintain their mental well-being. *Healthcare Papers*, 11, 78-84.

MENTAL HEALTH ISSUES ARE ON THE RISE! THE LARGEST AREA OF INCREASE IN LONG-TERM DISABILITY CLAIMS IS IN THE AREA OF MENTAL HEALTH MANAGEMENT.

STOP JUST EXISTING AND START LIVING!