

Registration for Breakfast Workshop:

Please Check to Indicate Which Workshop(s): #1 (Sept. 22) #2 (Oct. 12) #3 (Nov 18)

Name: _____
Organization: _____
Address: _____
City: _____ Province: _____ Postal Code _____
Telephone: _____ Fax: _____
E-Mail*: _____

* Please provide so that we may confirm your registration

Payment: \$150.00 for all 3 or \$75.00 per workshop Cheque enclosed: _____

Please make all cheques payable to:

The Grey Bruce Health Unit Attention: Executive Breakfast

Mail it to: Ms. Pat Feltis c/o Grey Bruce Health Unit 920 1st Ave. West Owen Sound

(A receipt will be issued on the day of each individual workshop)

Cancellation & Refund Policy: A full refund will be made upon written cancellation notice to Ms. Pat Feltis, no later than two calendar weeks prior to each registered workshop. No refunds will be issued for cancellations received in less than the two full calendar weeks of each scheduled workshop.



N4K 4K5

**All 3 Workshops Will Be Held at
The Inn on the Bay
(Best Western)
2nd Avenue East,
Owen Sound**

9:00 a.m. – Noon
(Registration at 8:30am)

**Cost: \$150.00 for All 3 Workshops
OR
\$75.00 per workshop**
(Includes continental breakfast & resources)
- Limited Seating -

**Fax or Mail Your Registration Form To
Attention: Ms. Pat Feltis**

**c/o Grey Bruce Health Unit
920 1st Avenue West
Owen Sound, ON N4K 4K5**

Fax: (519) 376 - 0042

**For more information call:
Jane Dobisz PHN 376-9420 Ext. 414
Grey Bruce Health Unit**

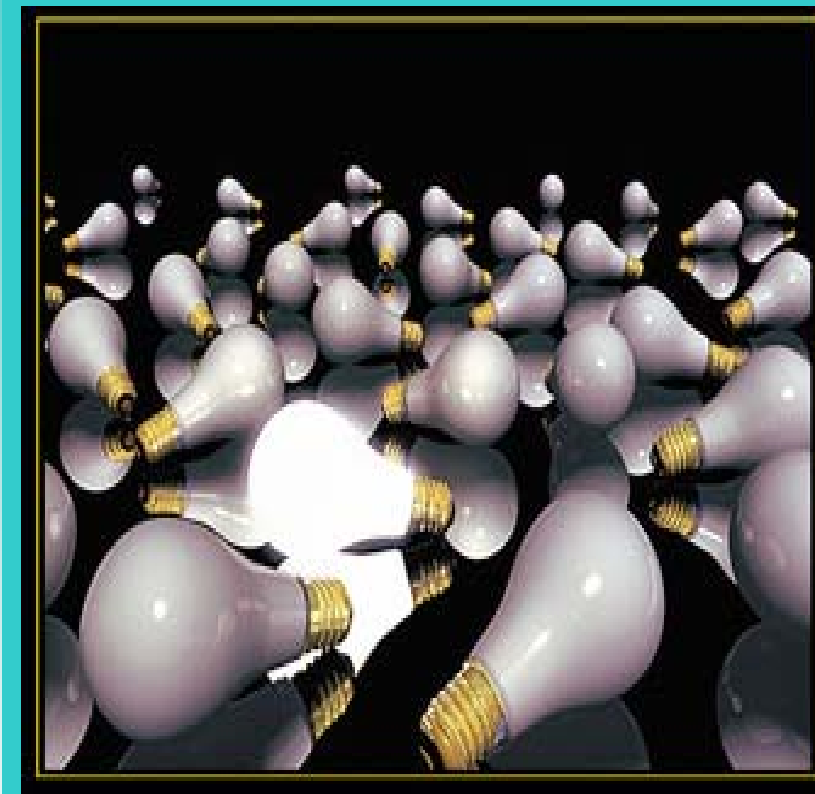
Sponsored by:



**Our Children
Our Future**
Plan Nurture Protect

Executive Breakfast Series: Fall 2005

**Are You Preventing
Burnout & Illness In Your Workplace?**



Who Should Attend?

- Business Owners, Directors and Managers**
- Human Resource Professionals**
- Labour Representatives**
- Occupational Health Nurses**
- Occupational Health & Safety Representatives**
- Wellness Committee Members**
- Others Who Are Interested**

Executive Breakfast Series 2005

Theme: Creating Supportive Workplace Environments To Promote Employee & Organizational Wellness

Breakfast Workshop #1: September 22nd

“Who Moved My Cheese?”

Guest Speaker: Mr. Robert Simpson

Synchronicity Business Coaching Inc.

The internationally reknown “Who Moved My Cheese?” workshop helps people in organizations change the way they look at change and shows them how to succeed in changing times.

This interactive multimedia workshop aims to :

- ❖ raise awareness about how stress can effect the health of an individual and the organization,
- ❖ help leaders develop skills to effectively deliver change in workplaces,
- ❖ teach individuals how to analyze their reaction to change and how one can choose to approach it differently,
- ❖ provide a setting for participants to discuss and deal with changes that cause them stress and discomfort at work.

Mr. Robert Simpson, President

Bob Simpson is one of Canada’s leading specialists in Change Awareness and Change Management Coaching. In today’s rapidly changing technologically-driven business environment. Bob works with people across North America to successfully change and win. He has also helped audiences discover simple truths they can use to have healthier lives and experience more success with less stress.

Breakfast Workshop # 2: October 12th

Yes! You Too Can Create A Healthy Workplace!

**Guest Speaker: Ms. Joan Burton
Industrial Accident Prevention Association**

Guest Speaker: Norie Dickson, Bruce Power

Healthy workplaces are important to the health and welfare of their workers and the company. We know why it is important to invest into employee wellness programs, but do organizations really know the “HOW TO” steps to create them?

Participants will learn:

- ❖ why a comprehensive, balanced approach to a healthy workplace is important to achieve both employee and organizational wellness,
- ❖ how to plan for a healthy psychosocial work environment and a culture that supports healthy individual lifestyles,
- ❖ about the Health Canada and National Quality Institute models to guide their company’s process, and
- ❖ about a local workplace success story that highlights putting the theory into action!

Ms. Joan Burton, BSc., RN, M.Ed.

Joan Burton is a pioneer in the field of starting comprehensive workplace wellness programs. She is presently the Manager of Health Strategy for the Industrial Accident Prevention Association, a non-profit safety organization, and has been given responsibility for establishing national and international partnerships to promote workplace health. Joan is currently working with the International Labour Organization and World Health Organization on workplace health projects.

Breakfast Workshop # 3: November 18th

The Impact of Work On Pregnancy & The Reproductive Health of the Worker: Protecting Our Future

Guest Speaker: Ms. Wendy Burgoyne

Best Start: Ontario’s Maternal, Newborn & Child Resource Centre

Men and women are exposed to a wide range of workplace factors that may impact reproductive health, including physical, ergonomic, biological, chemical and scheduling concerns.

Employers have an obligation to know and comply with federal, provincial and occupational health & safety regulations that apply to their workplaces.

Topics covered in this workshop are:

- ❖ broad range of risks and how they can be reduced or eliminated,
- ❖ legal protection of expectant workers in workplaces
- ❖ workplace strategies that can positively impact your employees’ reproductive health, and
- ❖ policy, practices and education to reduce the risk of harm in your workplace.

Ms. Wendy Burgoyne, Health Promotion Consultant

Wendy Burgoyne works with Best Start, a unique health promotion model for improving maternal, newborn and child health. She has worked extensively on teen pregnancy, reproductive health risks in the workplace, health before pregnancy and the effects of tobacco smoke and alcohol during pregnancy. Best Start partners with communities and workplaces to improve workplace reproductive health through education campaigns, improved practices and policy development.