

The Leader's Responsibility For Workplace Wellness Resources

The Wellness Conversation Tool:

1. **Create awareness**
 - How are you? How are you *really*?
2. **Gather information - active listening**
 - Tell me more about that.
 - What have you already considered?
3. **Acknowledgement**
 - Restate and validate what you heard.
4. **Action planning**
 - Steps we'll take together to support you to be at your best
 - Resources fall into four categories:
 - i. What can you do for you?
 - ii. What can I do to support/help you?
 - iii. What can the organization do to support/help you?
 - iv. Additional/outside resources.
5. **Follow up**
 - When can we check in again?
 - Establish a time and a date.

Additional Resources

Contact the LeaderSharp team

- Contact any member of the LeaderSharp Collective
- www.leadersharp.com
- admin@leadersharp.com
- 1.403.719.0800

Mental Health Training and Resources

[Mental Health Commission of Canada](#)

[The Working Mind](#)

Training programs designed to promote mental health and reduce the stigma around mental illness in the workplace.

[The Mental Health Continuum](#)

[Prioritize Your Mental Health While Working From Home](#)

[Mental Health First Aid Canada](#)

Training programs, including workplace training, through both individual and group training.

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[Canadian Mental Health Association](#)

[CDC: Mental Health In The Workplace](#)

[Wellness Together Canada](#)

Includes a broad array of tools, including on-line assessment tools.

[CSA: National Standard of Canada on Psychological Health and Safety in the Workplace](#)

A voluntary standard that specifies requirements for a documented and systematic approach to develop and sustain a psychologically healthy & safe workplace.

Counselling and Employee Supports

Locate your local crisis hotline. **Examples only** (look for resources in your area):

Calgary/southern Alberta: [The Distress Centre](#)

Ontario: [Connex Ontario](#)

B.C.: 310 Mental Health Support at 310-6789 (no area code needed)

Illinois: [The Kennedy Forum Illinois](#)

Articles/Leadership Resources

[Harvard Business Review: How CEOs Can Support Employee Mental Health in a Crisis](#)

[Forbes: Being An Agent Of Change For Workplace Mental Health](#)

Simon Sinek video: [How Teams Can Meaningfully Connect Remotely \(huddles\)](#)