

MENTAL HEALTH & DEPRESSION ARE THE #1 GROUP BENEFITS DISABILITY CLAIM RIGHT NOW IN CANADA, COSTING EMPLOYERS OVER \$33 BILLION IN LOST PRODUCTIVITY

PSYCHOSOCIAL RISKS, IF LEFT UNADDRESSED, WILL DEVELOP INTO MENTAL HEALTH PROBLEMS & DEPRESSION & WAITING FOR THEM TO DEVELOP & THEN DOING SOMETHING ABOUT IT, IS LIKE PUTTING YOUR HARDHAT ON "AFTER" YOU HAVE FALLEN OFF THE SCAFFOLDING.

SO INSTEAD OF TRYING TO FIX THE PROBLEM, WE NEED TO BE PROACTIVE NOT REACTIVE & IDENTIFY WHY THE PROBLEM IS HAPPENING IN THE FIRST PLACE.

DISRESPECTFUL BEHAVIOUR IS THE #1 PSYCHOSOCIAL HAZARD IN YOUR ORGANIZATION & IF YOU ARE NOT INCORPORATING A CIVILITY INITIATIVE INTO YOUR SAFETY & HEALTH TRAINING THEN YOU ARE NEGATIVELY IMPACTING THE PHYSIOLOGICAL HEALTH OF YOUR EMPLOYEES, SPENDING MORE ON HEALTHCARE & INCREASING THE RISK OF MENTAL HEALTH & DEPRESSION IN YOUR ORGANIZATION

PSYCHOSOCIAL RISK PREVENTION COURSE

MARCH 24TH & 25TH 2019

DAY 1

OUR 8 STEP PSYCHOSOCIAL DIAGNOSTIC MODEL GIVES YOU THE TOOLS TO IDENTIFY THE CURRENT PHYSICAL & MENTAL HEALTH STATUS OF YOUR ORGANIZATION AS WELL AS BEING A PREVENTATIVE CRISIS MANAGEMENT TOOL THAT WILL REDUCE ACCIDENTS, INJURIES, MSD'S & HEALTHCARE COSTS

INCLUDED IS AN INTRO TO OUR 11 MODULE WORKPLACE WELLNESS COACH COURSE & HOW TO USE IT IN CONJUNCTION WITH YOUR PSYCHOSOCIAL RISK DIAGNOSIS MODEL PLUS ACCESS TO OUR PRIVATE MEMBERS ONLY ONLINE WELLNESS PORTAL

DAY 2 : CIVILITY TRAINING

DEVELOP STRATEGIES TO RESOLVE THE ESCALATING PSYCHOSOCIAL STRESS & THE PHYSIOLOGICAL IMPACT OF DISRESPECTFUL BEHAVIOUR IN THE WORKPLACE

DAY 2 : LIVING IN A FLEXION WORLD

PRESENTATION, HOW PSYCHOSOCIAL STRESS CREATES MSD'S & AN INTERACTIVE DEMONSTRATION ON HOW TO RESOLVE JOINT PAIN POSTURE & MOBILITY ISSUES

OUR PANEL OF EXPERTS INCLUDE AWARD WINNING BUSINESS OWNERS, WHO ARE AT THE TOP OF THEIR PROFESSION, RANKED #1 IN THEIR INDUSTRY AND SET STANDARDS THAT OTHERS ASPIRE TO BEAT

KAREN INSLEY



KAREN'S EXPERTISE IN PSYCHOSOCIAL HEALTH & MENTAL WELLNESS BEGAN WHEN SHE TRAINED WITH COLORECTAL CANCER CANADA IN 2011 TO BECOME ONE OF THEIR CERTIFIED CANCER COACHES, RECEIVING TRAINING IN (1)THE MEDICAL & SURGICAL TREATMENT OF COLORECTAL CANCER (2)PSYCHOSOCIAL RISK DIAGNOSIS, COPING & SUPPORT (3)EMOTIONAL WELLNESS COUNSELLING (4) LEARNING HOW TO NAVIGATE THE HEALTHCARE SYSTEM

DURING THE LAST 9 YEARS SHE HAS EXPANDED HER SKILLS & KNOWLEDGE TO BE RANKED #1 IN PSYCHOSOCIAL RISK MANAGEMENT & HER CERTIFICATIONS IN BODY IMAGE & EATING DISORDERS, STRESS RESILIENCY & HOLISTIC NUTRITION ALLOWS HER TO WORK WITH EMPLOYERS & EMPLOYEES TO CREATE MENTALLY HEALTHY & EMOTIONALLY SAFE ENVIRONMENTS

JESSICA LORUSSO



JESSICA IS THE PERFECT COMPLIMENT TO OUR TEAM AND IS THE CREATOR OF OUR CIVILITY PROGRAM. SHE IS A CIVILITY EXPERT, AN INDUSTRY LEADER WITH THE INTERNATIONAL CIVILITY CONSORTIUM TRAINERS AND IS ONLY ONE OF NINE CIVILITY MASTER TRAINERS IN THE WORLD.

WITH THIS IN MIND SHE USES THIS EXPERTISE AND KNOWLEDGE TO RESOLVE THE ESCALATING PSYCHOSOCIAL STRESS THAT INVICILITY AND DISRESPECT FUL BEHAVIOUR PRESENTS IN THE WORKPLACE

JESSICA HAS PUBLISHED AND AUTHORED THE BOOK "BE BELIEVABLE" AND TOGETHER WITH KAREN INSLEY THEY HAVE CREATED THEIR UNIQUE AND FIRST OF ITS' KIND WORKPLACE WELLNESS PROGRAM THAT ADDRESSES THE PSYCHOSOCIAL IMPACT OF DISRESPECT IN THE WORKPLACE.

RICHARD INSLEY



RICHARD IS A CERTIFIED PERSONAL TRAINER & HIS CLIENT BASE IS EXTENSIVE, STRETCHING FROM WORKING WITH YOUNG TEENS TO GET THEM TO NATIONAL SPORTS COMPETITION LEVELS, TO HELPING OLDER ADULTS ADDRESS THE CHALLENGES OF MOBILITY AS THEY AGE.

HIS PARTICULAR EXPERTISE IS THAT HE IS AN EXPERT IN MUSCULOSKELETAL DISORDERS AND HE HELPS INDIVIDUALS TO REHAB FROM INJURIES, ACCIDENTS AND SURGERY AND HAS BEEN INSTRUMENTAL IN ENABLING CLIENTS TO RETURN TO WORK AFTER DEBILITATING MOBILITY ISSUES.

HE DEVELOPED THE POPULAR "LIVING IN A FLEXION WORLD" PRESENTATION & IS CALLED UPON OFTEN TO SPEAK TO ORGANIZATIONS ON HOW TO MANAGE JOINT & BACK PAIN THROUGH WORKPLACE POSTURAL ANALYSIS.

JUST A HANDFUL OF
OUR CORPORATE
CLIENTS

