



M E E P A

MANITOBA EMPLOYMENT EQUITY PRACTITIONERS ASSOCIATION

EVENT / MEETING NOTICE

Monday, December 5, 2016

- LOCATION:** City of Winnipeg
4th floor – 180 King Street
- TIME:** 8:30 a.m. to 12:00 p.m.
- FEES:** Members – No Charge
Guests – \$25 per person
- PARKING:** [See attached map](#)

AGENDA

Hosted by the City of Winnipeg

- 8:30 am Registration, Coffee & Networking
- 9:00 am Welcoming Remarks
- 9:15 am Presentation: ***Psychological Standards and Mental Health at Work*** –
Presenter: Geoffrey Thompson, MFL Occupational Health Centre.
- Our workplaces play an important role in maintaining positive mental health, but they can also be a source of stress and irritation, contributing to mental health problems and illness. Every workplace is affected by thirteen psychosocial factors identified in the new national standard for workplace psychological health and safety. This standard provides tools and resources for organizations to assess, implement and evaluate their efforts to improve employee mental wellbeing.
- 10:15 am Networking Break
- 10:35 am Presentation: ***Mindfulness in the Workplace***
Presenter Suenita Maharaj-Sandhu (M.Ed.), Student of the Harvard University Mindfulness Program and the Chopra Center.
- Mindfulness is more than meditative walking, breathing and thinking; it's learning to train your mind as a muscle and move from reacting on auto pilot to determining effective responses to difficult situations. Join employees of Fortune 500 companies like Google and Target, and see why these employers are teaching Mindfulness techniques to their employees. Learn about how mindfulness can improve resiliency and train your mind to manage workplace setbacks more effectively.
- 11:50 am Closing Remarks

Please confirm your attendance by **Noon November 28, 2016** and indicate any special accommodation requests or food allergies/restrictions to Lise Carbonneau through our online registration system. Link provided in body of email.

For information: **Phone** – 204-295-1512 **Email** – info@meepe.ca