

Employee Learning Sessions

Human Solutions' 1 hour wellness sessions aim at providing participants with general knowledge about personal health and well-being strategies and directing them to additional resources available. All sessions are designed to provide participants with normalization and support by the use of case discussions in order to maximize the impact of the wellness session.

Depression

Mental health problems are an increasing concern in today's workplaces. This workshop gives participants an understanding of mood changes, anxiety and depression. It provides strategies for controlling their own mood and tips for supporting others who are also experiencing difficulties.

The art of relaxation

Today's life is fast paced with less time just to relax. Greater pressure is being put on all of us to do more. The result is that many of us have lost the ability to sit still and simply be with ourselves. Mainly experiential, this session will provide information and simple, easy techniques to make relaxation a natural part of everyday life.

Are you ready to quit? An introduction to smoking cessation

Quitting smoking isn't easy! This 1 hour wellness session is aimed at empowering participants to quit smoking and being able to stick with it. Participants will learn about some key strategies for successful smoking cessation and be introduced to some comprehensive resources to assist them in the smoking cessation process.

Making shift work easier and safer

Shift workers know first-hand the challenges of fighting the body's natural wake-sleep pattern and the strain that shift work can put on their health, well-being, family, and social life. In this workshop, participants will learn about some healthy eating, sleeping and exercise habits when working shifts, as well as some strategies for how to achieve work life harmony.

The emotional effects of retirement

This 1 hour wellness session will introduce participants to the emotional effects of retirement. Participants will get an opportunity to reflect on what their ideal retirement looks like and what they can do to make it happen.

Navigating life transitions

Life transitions are challenging because they force us to let go of the familiar and face an uncertain future. Depending on how we deal with change it may create new opportunities or be a major source of stress. This 1 hour wellness session will review the change process and help participants identify signs that they are having trouble with change. Participants will get a brief overview of some coping mechanisms and practical resources available to them.

Communication in family life

This workshop provides participants with a renewed understanding of the importance of family communication. The workshop reviews the principles of family communication, communication priorities, and simple techniques that allow for healthy and open communication.

Foundations of effective parenting

This practical and informative presentation helps parents develop a strong foundation of parenting that will help their children develop skills of social development and well-being. Participants will also learn about some effective ways to facilitate positive behaviour, prevent misbehaviour and to deal effectively with inappropriate behaviour.

Marriage in the early, middle and later stages (workshop series)

Part 1. Newlywed and Building a Future

This session focuses on the marriage relationship in the first five years. During this session, participants will explore ways to overcome various challenges that arise in the beginning of a marriage. Tools and techniques to build a strong foundation for a marriage will be provided.

Part 2. Marriage in the Middle Stage

This session focuses on the relationship between couples who have been married between 5 to 25 years. This session will review the various stressors experienced in a marriage in the middle stages and will provide expert techniques for dealing with them. Participants will get a chance to explore strategies for strengthening a marriage in the middle stages.

Part 3. Marriage in the Later Stages

A marriage that lasts through the years brings couples a sense of accomplishment, security, and comfort. This session will explore the various advantages and challenges married couples in later stages experience. Factors influencing marriage in later stages will be discussed and techniques for keeping your relationship flourishing will be presented.

Professionalism in the workplace

People form judgments about you in the workplace based on your behaviour, attitude, speech and appearance. The impressions you communicate to others - positive or negative—can help you get ahead professionally, or can doom your career progress and create conflict in the workplace. This 1 hour workshop will give participants an understanding of the importance of professional behaviour in the workplace and what it involves.

Enhancing communication in the workplace

This workshop addresses individuals who wish to better understand the elements that can improve their communication and make it more enjoyable, more efficient and better overall. The goal of the session is to make participants aware of the main attitudes and strategies that could proactively help resolve the differences and misunderstandings that occasionally occur when working with teams.

Work life harmony

Finding a balance between work and life means building some harmony among competing demands and priorities. This workshop provides information on how to clarify values, identify and resolve stress-producing imbalances, effectively apply available time and energy, and develop a personal action plan.

How to effectively manage your time

Many people experience not having enough time to accomplish the things they feel they have to achieve. Time management is not about learning how to do more in less time but, rather, is about how to accomplish the right things in the time available. This workshop focuses on creating value for the time you spend.

How to set boundaries and be assertive

Many people experience the need to set clear boundaries with others, at work and at home; but they have difficulty speaking up in conflict situations or they put aside their own requirements in favor of others' needs. This workshop is designed to assist people in identifying, setting, and maintaining appropriate boundaries and to assure that their own needs are balanced with the needs of others.

Sleep and restfulness

Most people need 6-8 hours of sleep every night and periods of relaxation during the day to remain healthy and energetic. Still, most tend to cut back on their sleep and rest as soon as they are under stress or busy. This workshop will give participants an understanding of the effects of

Understanding mental health

In today's society there still remains a lot of prejudice around mental health problems. This workshop will allow participants to enhance their understanding of the personal and environmental factors that can have an impact on mental health, as well as the most appropriate prevention and intervention strategies available.

Resilience: Learning to roll with life's punches

Lives of working people have become busier over time and the capacity to cope with and adapt to the pressure has become more important. This workshop provides guidance to help participants develop and maintain resilience by having a hopeful outlook, a healthy lifestyle and engaging in positive self-talk.

Responsible optimism

When adversity and challenges arise, we can either respond with optimism or gloom. Optimism, however, leads to health. This workshop addresses the benefits of optimism and the characteristics of optimistic people. It also offers tools for adopting a more optimistic, positive outlook on life.

Managing stress

This workshop focuses on the causes of stress, its symptoms, early detection, prevention and remediation. Participants are given a clear definition of stress and clear guidelines for recognizing stress in themselves and fellow employees. Some simple techniques for reducing stress such as relaxation, limit-setting, and positive thinking are also taught.