



DEVELOPING A RESILIENT WORK CULTURE

WORKSHOPS TO GROW,
BUILD AND BECOME A
RESILIENT WORKPLACE



Sherry
Campbell
Group

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THE MENTAL HEALTH OF YOUR EMPLOYEES NEEDS TO BE A TOP PRIORITY BUT DID YOU KNOW FOCUSING ON MENTAL HEALTH ALONE IS NOT ENOUGH?

Workplaces need to be adaptable, flexible and capable of navigating ongoing stress and change. They need to be places where employees and employers can learn, grow and support one another no matter what is going on. They need to be resilient.

Sherry Campbell Group's Developing a Resilient Work Culture corporate workshops equip businesses to achieve resilience. Developed and presented by Sherry Campbell, counsellor, speaker, and business owner, these customizable workshops provide evidence-based information, action packed solutions and long-term strategies. We present to small and large companies from a vast array of sectors. More than anything, we are committed to collaboration and are excited to tailor our content and delivery to meet the exact needs of your company. We support you every step of the way.

With so much uncertainty today, it is vital that every workplace and every person learn to make intentional choices to respond and not to react. Resilience teaches us how to do that. At Sherry Campbell Group, we are committed to equipping organizations of all sizes with the education and the tools to grow into places of resilience. We are passionate about sharing this message with workplaces.

~ Sherry Campbell, MA
CEO and founder, Sherry Campbell Group

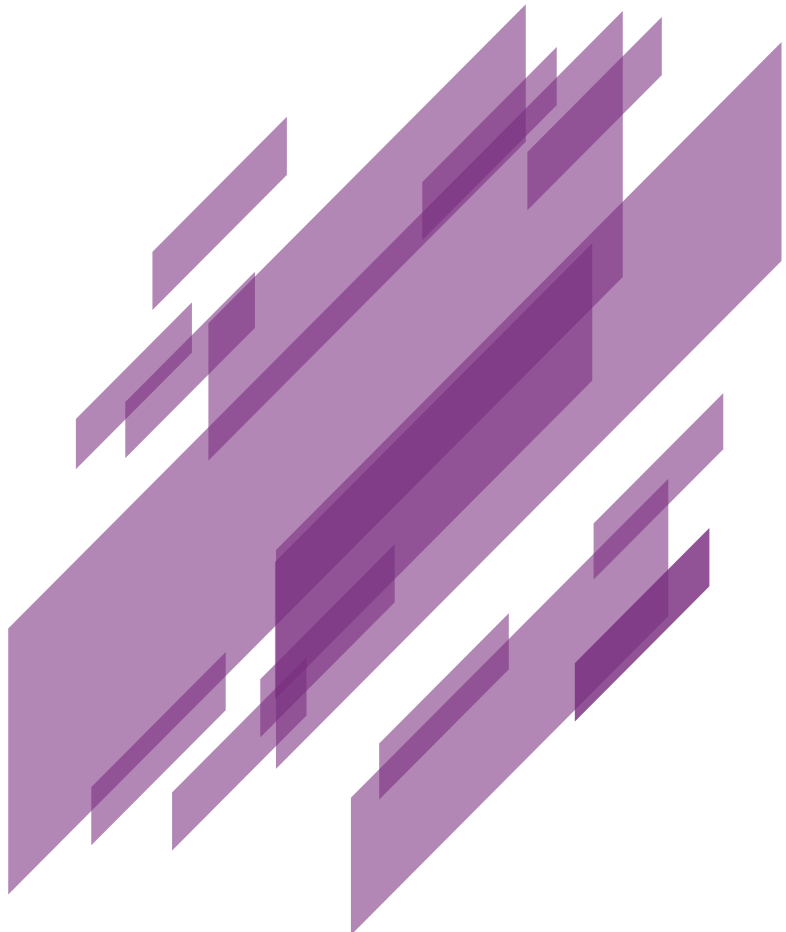




MEET SHERRY CAMPBELL

Sherry Campbell, MA, MSW, RP brings passion, warmth and a wealth of understanding to her work. As the creator and presenter of Developing a Resilient Work Culture, she combines mental health education, resiliency-building strategies and best business practices to each workshop. Known for her ability to connect with her audience, Sherry is a leader in helping organizations through challenges and transitions. Sherry's belief that "even when there seems to be no way out, there is always a way through" drives her commitment to offer practical, inspiring and accessible workshops for businesses of all sizes and at all levels.

Sherry Campbell Group is excited to offer businesses customized workshops based on the current needs of every company. If your business has an idea for a workshop not listed, please reach out to discuss how we can help.



WORKSHOPS



- 🕒 Mental Health in the Workplace
- 🕒 Personal and Team Resilience in a Thriving Workforce
- 🕒 Embracing Personality Diversities and Styles
- 🕒 How to Cope with a Bad Day
- 🕒 The Balancing Act: Adjusting to Modern Life
- 🕒 Creating Calm with Emotion Regulation
- 🕒 Building Resiliency in Children and Adolescents
- 🕒 Empathy and Sensitivity in the Workplace
- 🕒 Creating a Compass During Challenging and Changing Times

FOR MANAGEMENT:

- 🕒 Resilience and Mental Health for Management
- 🕒 Preventing and Overcoming Burnout as a Leader



MENTAL HEALTH IN THE WORKPLACE


Employers and employees may be the first to notice changes in a colleague's mental health. When your workforce recognizes common signs, engages in collaborative and destigmatizing discussions, and has ready-to-use supportive strategies, your workplace becomes supportive, healthy and resilient.

This foundational workshop for employers and employees is designed to increase awareness of mental health and its potential incidence and impact in the workplace while challenging existing stereotypes of mental illness. Interactive discussions help participants learn active listening, to respond with understanding, and practice supportive skills. This workshop also identifies signs of stress. Participants will leave with the tools to immediately tackle these challenges, the knowledge to take action, and the motivation to build a resilient workplace.

YOU WILL LEARN:

- ① Identify signs of mental health challenges and stress
- ① Learn how to develop a plan to support workplace mental health with exploration of Workplace Mental Wellness programs
- ① Create discussions to lessen stigma and respond with understanding
- ① Receive encouragement and inspiration to move forward with resilience

PERSONAL AND TEAM RESILIENCE IN A THRIVING WORKPLACE



Resilience is the key to managing overwhelm at work and at home. This workshop is an empowering and exciting presentation on personal and team resilience and the benefits for the workplace. “12 New Rules of the Workplace” are introduced and used as the framework to equip employers and employees in building a resilient culture.

The workshop includes identification of key components of resilience, understanding personal growth and mindfulness tools, and action steps to enhance personal choice and empowerment. The benefits to employers supporting personal resilience practices in the workplace are discussed. Expect your team to leave with the confidence and the motivation to navigate the ambiguity and unpredictability of today’s world.

YOU WILL LEARN:

- 🕒 List “12 New Rules Rules of the Workplace”
- 🕒 Apply the meaning of resilience to your life
- 🕒 Identify mindfulness and personal growth tools
- 🕒 Learn tools to enhance personal choice
- 🕒 List the benefits of personal resilience to your workplace





EMBRACING PERSONALITY DIVERSITIES AND STYLES

The workplace is the central meeting space for diverse personalities and styles. Embracing, valuing, and building on the strengths of each personality enhances communication, builds team cohesion, increases productivity, and reduces the risk of workplace bullying and harassment.

This experiential workshop explores diverse personality and styles and their effect on workplace dynamics. Through engaging and interactive exercises, participants will learn the importance of self-awareness, perspective taking, active listening, and problem solving. The workshop supports participants in viewing diverse personalities as vital and valuable components of resilient workplaces.

YOU WILL LEARN:

- 🕒 Identify different personality types and styles
- 🕒 Learn what is effective communication
- 🕒 List the benefits of embracing different personalities
- 🕒 Practice mindfulness tools to respond, not react
- 🕒 Learn tools to cultivate gratitude and appreciation as a team



HOW TO COPE WITH A BAD DAY

Bad days happen to everyone. And having them doesn't need to derail you or your work. This uplifting and sometimes, humorous workshop explores the ways stress impacts daily experiences. This workshop identifies the reasons people struggle with stress and provides actionable solutions to interrupt negative thinking and improve positive self-talk. Participants are encouraged to consider how personal choice is the path to empowerment over bad days.

Interactive discussions provide participants with the opportunity to explore personal coping strategies and learn from the experiences of others. Participants will leave with a personal action plan for challenging days.

YOU WILL LEARN:

- Identify the role of stress in daily experiences
- Learn tools to interrupt negative thinking and improve self-talk
- Consider how to identify choice when struggling
- Develop a personal action plan for challenging days

THE BALANCING ACT: ADJUSTING TO MODERN LIFE

Since 2019, there has been an unprecedented change in how work is done, including a dramatic increase in work-from-home or hybrid work models, increased employer-employee accessibility and growing pressure to produce more with less. These rapid changes have impacted people physiologically and psychologically with rising rates of burnout, stress, absenteeism, presenteeism, attrition, and pressure on individuals and families.

This workshop sets realistic and achievable expectations for work-life balance. Through exploration of current and commonly reported challenges, this presentation helps employees and employers learn how to adjust and maintain balance. With a focus on personal and professional priority setting, overcoming time management challenges and guidance for immediate action steps, this workshop explains why work-home balance benefits business. Participants will learn why personal choices contribute to empowerment and a sense of internal control. There is time for personal and group reflection.

YOU WILL LEARN:

- List common barriers to balance
- Learn a framework to help you set realistic priorities, professionally and personally
- Identify reasons why work-life balance is good for business
- Recover empowerment and a sense of inner control



CREATING CALM WITH EMOTIONAL REGULATION

Being calm is not as easy as it used to be as employees are experiencing overwhelming circumstances in their personal and professional lives. It is vital that employers offer employees opportunities to learn and enhance skills to support emotional regulation.

This workshop helps organizations in clearly understanding emotional regulation as a building block of a resilient workplace. Through evidence-based education and simple mindfulness exercises, participants will leave with a variety of tools to use at work and at home. Discussion will also include the use of appropriate humour and laughter as a tool to connect and calm. Participants will leave feeling refreshed and empowered.

YOU WILL LEARN:

- 🕒 The importance of emotional regulation in today's world
- 🕒 List why mindfulness is important for self-regulation
- 🕒 Practice tools to use at home and at work
- 🕒 Identify the place of humour as tool for self-regulation

BUILDING RESILIENCY IN CHILDREN AND ADOLESCENTS

The idea that employees leave their personal lives at the door of the workplace has changed. When employees know they can count on management to actively provide opportunities for learning and growth on issues like parenting and caregiving, company loyalty and productivity grows.

This hands-on workshop for employees - parents, caregivers, extended family and involved friends - explores how to build resiliency from childhood through adolescence. Common questions about resilience and child development are explored along with evidence-based education, skill building and discussion. Employees will leave with understanding, skills and the confidence to provide the building blocks of resilience of the children in their lives. Time for questions and discussion is included.

YOU WILL LEARN:

- 🕒 Identify the building blocks of resilience from childhood through adolescence
- 🕒 Learn when and how to create opportunities for age-appropriate choice
- 🕒 Explore emotional regulation for caregivers and children
- 🕒 List tools to help your child overcome disappointment and failure
- 🕒 Identify Simple strategies to foster healthy confidence and self-worth



EMPATHY AND SENSITIVITY IN THE WORKPLACE

The ability to step back and take another's perspective is the key to an empathetic, sensitive and resilient workplace. Valuing individual differences, considering others' perspectives, being responsive and not reactive to feedback, and team collaboration reduces interpersonal challenges, improves staff wellbeing and reduces the risk of workplace bullying.

This workshop uses structured discussions and interactive exercises to teach effective and empathetic communication and conflict resolution skills. Participants will learn the importance of personal responsibility, self-awareness and perspective-taking. The use of appropriate humour and the potential for miscommunication when jokes or jests are used is also discussed. Ample time is given for self-reflection and practice of exercises.

YOU WILL LEARN:

- 🕒 List the benefits of empathy and sensitivity to workplace wellness
- 🕒 Learn communication and conflict resolution tools
- 🕒 Identify tools to enhance self-awareness and perspective taking
- 🕒 Learn about humour and the potential for miscommunication



CREATING A COMPASS DURING CHALLENGING AND CHANGING TIMES

Clarity often seems far away when in the midst of ongoing change. Learning to accept change, anticipate it and identify choice during challenging times brings clarity, enhances choice and builds resilience.

This encouraging and thoughtful workshop, teaches participants about the impact of change while providing easy-to-use solutions and strategies to minimize mental overwhelm. Participants will learn tools to navigate away from negativity towards empowering self-talk and choice. The importance of investing in collaborative relationships and contributing to a positive work environment are discussed. Expect to leave feeling refreshed and encouraged.

YOU WILL LEARN:

- ① Understand the effect of ongoing change on mental clarity
- ① Learn tools to minimize mental overwhelm before it becomes a problem
- ① Identify solutions to foster self-talk and choice
- ① List the reasons collaboration and making a positive contribution to the workplace support clarity and resilience

MANAGEMENT WORKSHOP

RESILIENCE AND MENTAL HEALTH FOR MANAGEMENT

With over half of Canadians reporting that their mental health has worsened over the past two years and one-third of employees reporting they feel burned out (Angus Reid and Mental Health Research Canada, 2021-22), management is experiencing unprecedented leadership challenges. While mental health has always been an important subject, in light of recent world events, the need for understanding and support from management is imperative.

This workshop, is for management level team members and HR personnel. In this information-packed, solution-oriented time, Sherry Campbell teaches evidence-based information on common mental health issues and stress. Management can expect to learn the basics of resilience theory as it applies to business with the opportunity to strategize a resilience implementation plan specific to your company. Guidelines for recognizing and responding to a mental health crisis are also discussed. Management will leave with a strategic path forward and the motivation to build a healthy and resilient workplace.

YOU WILL LEARN:

- Identify common mental health issues with signs and symptoms
- Learn about stress as separate from mental health
- Learn why resilience is a core foundation for a healthy business
- Create tailored strategies to implement resiliency practices
- Recognize indicators of a possible mental health crisis and learn guidelines for an appropriate managerial response

MANAGEMENT WORKSHOP

PREVENTING AND OVERCOMING BURNOUT AS A LEADER

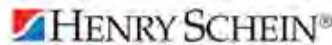
As a leader, are you concerned about burnout in yourself? If so, you are not alone. Whether you have concerns about your risk or know you are experiencing it, this workshop will teach tools for prevention and provide solutions to bust through burnout.

This dynamic workshop provides leaders of small and large organizations with safe space to discuss burnout and leadership. Using principles of personal development and psychology, management will learn about the protective benefits of resilience against burnout and its benefits for the entire organization. Leadership will learn the imperative of self-care and self-compassion as a precursor to effective management. Group discussions and experiential exercises provide opportunity for participants to connect, receive support and unlock resilience.

YOU WILL LEARN:

- 🕒 List the factors that lead to leadership burnout
- 🕒 Gain understanding of resilience as prevention
- 🕒 Understand reasons why leadership resilience benefits the organization
- 🕒 Identify resiliency skills as a core component of leadership self-care
- 🕒 Recognize the importance of connection and support as a leader

WE'RE PROUD TO HAVE HELPED THESE OUTSTANDING ORGANIZATIONS





CONTACT US

Our workshops are available in a variety of time frames and formats. If you have an idea or a need for a workshop not listed, we are happy to customize one for you.

WE OFFER:

- ☉ Keynote
- ☉ Full day
- ☉ Half day
- ☉ Team Retreats
- ☉ Management Retreats
- ☉ Management Debriefs
- ☉ Critical Incident Stress Debriefing

LOCATION:

- ☉ Onsite
- ☉ Offsite
- ☉ Virtual

Let us support your workplace

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