

BUILDING RESILIENCY IN YOUR WORKPLACE

FACT: In any given year, **one in five Canadians** will experience psychological health issues. Addressing workplace psychological health and safety **helps mitigate stress**, which can lead to **increased productivity and overall improvement** to employees' health.

WHAT CREATES RESILIENCY IN THE WORKPLACE?

- 1 Ongoing Education
- 2 Valuing Staff Input
- 3 Understanding Individual Differences
- 4 Zero-Tolerance for Discrimination
- 5 Fair Acknowledgement & Reward
- 6 Accommodating Work Restrictions
- 7 Fair Distribution of Work
- 8 Easy Access to Resources

BE THE CHANGE!

DEMONSTRATE TRANSFORMATIONAL
LEADERSHIP

Stimulate
Intellectual
Capabilities

Inspire
Others

Transmit
Motivation to
Contribute
to Goals

WANT MORE?

Our partners at the University of Fredericton offer an Enhancing Workplace Resiliency course that teaches **effective coping mechanisms and strategies** that lead to more productive, healthier and well-balanced lives. Visit wcb.ab.ca > Resources for employers > Workshops and seminars to get started.