

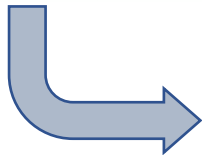
LEADING HEALTHY WORKPLACES (LHW)

Leading Healthy Workplaces (LHW) focuses on developing behaviours and skills to allow leaders to foster **psychologically healthy workplaces and employee well-being**.

The LHW training involves a half-day workshop, followed by 7 weeks self-directed and phone-based coaching sessions with participating leaders.

Leaders can play a pivotal role in fostering psychologically healthy workplaces and employee well-being.

Group Workshop



Seven Weeks of Phone-based Follow-up Coaching

Coaches support leaders in:

- Reviewing their leadership assessment and program content
- Setting specific goals and monitoring their goal progress
- Creating and implementing their action plan

Leaders are eligible to participate in the LHW program if they hold a leadership position. The time commitment involves the workshop, coaching and workbook sessions, and implementing the knowledge learned throughout the program on a daily basis at work.

WHY IS LHW EFFECTIVE?

- Personal coaches
- Group facilitated learning advantages
- Content based on best practices and research
- Leadership assessment
- Flexible coaching sessions
- Phone meetings to provide continuous support and encouragement

PROGRAM CONTENT

- Leadership behaviours that foster a healthy workplace
- Psychologically healthy workplaces
- Goal setting
- Action planning
- Effective communication
- Recognition and feedback
- Employee involvement and development
- Supporting employees
- Leadership and employee well-being

For more information on LHW:

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**LEADING
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Program Overview

Below is a breakdown of the program details and timeline.

SESSION		LEARNING GOALS AND ACTIVITIES
 WORKSHOP GROUP WORKSHOP Leading Healthy Workplaces	<ul style="list-style-type: none"> Identify critical components of healthy workplaces Learn healthy workplace leadership behaviours that you can do as a leader to contribute to a healthy workplace Set and prioritize SMART goals to apply training 	
 SESSION 1 COACHING SESSION Introduction to Coaching	<ul style="list-style-type: none"> Review critical healthy workplace leadership behaviours Review your SMART goals Identify how to put your goals into action 	
 SESSION 2 WORKBOOK SESSION Action Planning	<ul style="list-style-type: none"> Understand the importance of an action plan Learn to break down your goals into actionable behaviours 	
 SESSION 3 COACHING SESSION Leadership Assessment	<ul style="list-style-type: none"> Learn perspective taking skills Discuss leadership assessment 	
 SESSION 4 WORKBOOK SESSION Leadership Behaviours Best Practices	<ul style="list-style-type: none"> Identify best practices in: <ul style="list-style-type: none"> - Improving interactions with employees - Promoting a psychologically healthy workplace 	
 SESSION 5 COACHING SESSION Leading a Healthy Workplaces: Self-Assessment	<ul style="list-style-type: none"> Identify whether you are leading a healthy workplace Identify your areas of strength and areas for further development 	
 SESSION 6 WORKBOOK SESSION Using Training, Barriers, and Going Forward	<ul style="list-style-type: none"> Understand how transfer of training affects you Understand how to reduce barriers to applying training Identify your best practices moving forward 	
 SESSION 7 COACHING SESSION Accountability and Skill Maintenance	<ul style="list-style-type: none"> Identify your best practices for self-accountability Review goals for continuous development and goal progress Review your maintenance plan with your coach 	