

WEBINAR

Supporting Mental Health During the Pandemic with Dr. Bill Howatt

PRESENTED BY



Most Canadians are experiencing stress and feeling worried about the impact of COVID19 on our personal and professional lives. As business owners and leaders responsible for your employees, you may be especially stressed and overwhelmed about the challenges (work, relationships, income and other realities of the pandemic) you are facing and the uncertainty of the future. Dr. Howatt will provide insight on how stress and anxiety can impact our ability to function and manage during times of crisis, as well as provide tangible actions for what you can do to charge your own battery, and support others in your organization or business.

Date/Time: April 22, 2020 11:00 AM - 12: PM CST

Link: <https://bit.ly/2y7v4IV>

A link to the recording of the webinar will be sent to all registrants.

What you'll learn from this webinar:

- **Understand the risks of the current reality and how our stress and anxiety impact our capacity on a daily basis**
- **Micro-skills for charging your own battery**
- **Micro-skills for supporting the mental health of others in the workplace**

About the Guest Speaker

Dr. Bill Howatt is a behavioural scientist, known as one of Canada's top experts in mental health issues in the workplace and has more than 30 years of experience in the field of mental health, addiction, and HR consulting. Dr. Howatt is CEO of Howatt Consulting and the Chief of Research and Workforce Productivity at The Conference Board of Canada, and a member of the International Research Advisory Council (IRAC) at Pacific Coast University of Workplace Health Sciences (PCU-WHS) and Chair of CSA Standard 21008: Management of Substance Related Impairment in the Workplace. Dr. Howatt is a highly-respected columnist for The Globe and Mail, author, clinician, consultant and speaker.