



**15-minute sessions:**

- Beyond Stigma: Increasing Our Understanding of Mental Health in the Workplace
- Building Resilience: Understanding Challenges, Learning Strategies, and Accepting Change
- Healthy Eating on the Go
- Healthy Sleep Habits
- Professionalism in the Workplace
- Respectful Relationships in the Workplace
- Stress Busters

**30-minute sessions:**

- Establishing Healthy Boundaries with Assertiveness
- Beyond Stigma: Increasing Our Understanding of Mental Health in the Workplace
- Building Resilience: Understanding Challenges, Learning Strategies, and Accepting Change
- Building Working Relationships
- Calming Your Mind in Challenging Times
- Establishing Work-Life Harmony
- Healthy Eating on the Go
- Healthy Sleep Habits
- Improving Workplace Communication
- Managing Your Time and Energy
- Making Shiftwork Work for You
- Professionalism in the Workplace
- Psychological Hygiene
- Respectful Relationships in the Workplace
- Self-Compassion
- Stress Busters
- The Fundamentals of Change & Transition
- The Journey to Wellness: One Step at a Time
- Understanding and Preventing Burnout



**45-minute sessions:**

- Addictions at Work
- Beyond Stigma: Increasing Our Understanding of Mental Health in the Workplace
- Establishing Work-Life Harmony
- Self-Compassion
- Stress Busters
- The Emotional Effects of Retirement
- The Science of Happiness
- The Power of Kindness