



Wellth in the Workplace

You're invited!

This workshop will share:

- Stress management & mindfulness: historic perspectives
 - The science of resiliency, mindfulness & compassion
 - Myths & misperceptions of mindfulness
 - Engaging trauma and suffering: the art of resiliency
 - Operationalizing compassion in the workplace
- Please Contact Elizabeth Runciman to register at 32009 or elizabeth.runciman@lhsc.on.ca

DATES

Wednesday June 14, 2017

Thursday June 15, 2017

8 am or 1 pm start (4hrs duration)

Room UH Human Resources Building D5-330 Exit 5th floor elevators –cross walk way and follow signs. Thank you



WELLTH MANAGEMENT

Wendy Lund RN, BScN, MSc [c]
Founder & CEO, Wellth Management

For over three decades, Wendy has taught as a full-time professor in both nursing and paramedicine. Teaching predominantly physiology and pathophysiology, For the past ten years, Wendy has practiced and studied mindfulness, compassion and resiliency, and conducted a qualitative descriptive study investigating the experience of trauma in first responders. About to complete a graduate degree in Mindfulness Studies at the University of Aberdeen, Wendy founded Wellth Management. She strongly believes that organizations and their human capital deserve resources that reflect current evidence-based skills to work with occupational stressors, demonstrate compassion and foster psychological safety in the workplace.

