

2022 ANNUAL CONFERENCE | APRIL 22-23 2022

Manitoba
Dental
Association



**we miss
your**



The 3 Be's for Positive Mental Health: Top strategies to recover from a long pandemic journey

Looking to elevate your mental health in 2022? Want to better understand actions that protect your mental health and the well-being of others? In this session, we will unpack the 3 Be's for shifting the lens on what it means to be "mentally healthy" and explore a range of strategies that contribute to mental wellness. This workshop is perfect for those that want to increase their awareness, learn deliberate actions and the role of compassion in taking care of your mental health now and into the future.

In this interactive and dynamic workshop, participants will learn:

- Awareness and myths for common mental health concerns
- Deliberate actions you can take for protecting your mental health while caring for patients
- How to support a family member, co-worker or friend if they open up about their mental health
- How to open a conversation if you have concerns
- Best leading practice to end stereotypes & stigma
- How we can mentor resilience to others through difficult times

Sponsored By:





Shannon Gander

Shannon Gander is a Mental Health and Resiliency Strategist. She is a skilled trainer, counselor and mediator who has been consulting with individuals, workplaces and teams for over 25 years. She is the Director of Life Work Wellness, a company that empowers individuals and workplaces to achieve their goals for better mental health. Shannon has worked with multiple clients over the years whose stress level has impacted their ability to work and has contributed to short and long-term disability. She has a passion for empowering people working in caring professions to prevent burnout and demonstrates how everyone can contribute to healthy organizational culture. Shannon's dynamic

background in counselling and workplace interventions help her to bring mental health and wellness topics to life in a way that is authentic and engaging. She bolsters participants with actionable skills to apply right away and into the future, in all areas of life.

www.lifeworkwellness.ca