

**Certified Adult Educator**  
**ASIST**  
**Mental Health First Aid**  
**safeTALK**  
**suicideTALK**  
**Compassion Fatigue**  
**Psychological Health & Safety**



Tammy Whelen is no stranger to adversity. She faced a difficult battle with cancer at just 25 years old, and has experienced firsthand the anguish of losing a loved one to addiction.

With 13 years experience as a mental health educator, Tammy focuses her efforts on educating communities about mental health and wellness. She is determined to demystify mental illness and fight the stigma surrounding it, creating awareness and inspiring change.

With a certification in Adult Education, and Facilitation and Teaching Effectiveness, Tammy also shares her personal experiences which demonstrate that we each face our own challenges. She believes it is through understanding and acceptance that we can build a network of support.



## TESTIMONIALS

“Engaging and impactful.”

“Dynamic and relatable.”

“An amazing leader.”

“Created a safe space to learn.”

“Well spoken and knowledgeable.”

“Interactive and engaging.”

## ASK ABOUT

Mindfulness  
Holistic Nutrition  
Autism Awareness  
Technology & Your Mental Wellness  
Understanding Grief  
Behavioural Management Systems  
Equity, Diversity, Inclusion and Accessibility  
Yoga

## CONTACT

tammywhelen@gmail.com

(416) 738-4124

www.tammywhelen.com

# WORKSHOPS DESIGNED TO IMPROVE WORKPLACE MENTAL HEALTH

## MENTAL HEALTH BASICS

Increase mental health awareness within your community by encouraging discussion about mental health, challenging societal beliefs, and practicing simple approaches to maintain mental well-being.

## KNOW YOUR WORTH

Let's unpack negative thinking, and discuss valuable strategies to improve negative thoughts, build self-esteem, increase confidence, and take resilience to another level.

## RE-THINK CONFLICT

Challenging situations can often lead to unexpected and unwanted behaviours. Let's learn to manage difficult conversations, discover new approaches to challenging behaviours, and walk away with valuable tools to shift dynamics, scale down turmoil, and support one another.

## SURVIVING STRESS

Understand the physical and emotional reasons for stress and anxiety, and learn everyday tools to survive stress, reclaim control, and foster valuable coping strategies that help us with the daily stressors in our lives.

## SETTING HEALTHY BOUNDARIES

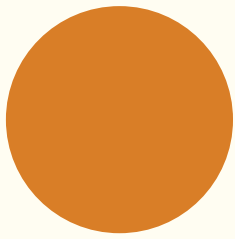
Busy lives can push us to work at our optimum, but if this continues, we can feel overworked, under appreciated and exhausted. Learn why setting boundaries is important, build awareness and skills to overcome these challenges and learn healthy ways to say NO.

## IMPROVE WORK LIFE

Discuss the importance of workplace wellness, address reasons why wellness programs fail, consider our personal motivation for wellness, and develop strategies to improve your personal and professional life.

**WORKSHOPS DESIGNED TO IMPROVE  
WORKPLACE MENTAL HEALTH**

**LESSONS LEARNED  
FROM ADVERSITY**



We often resist adversity; but we can learn a lot about ourselves during difficult times. This workshop discusses the importance of adversity, offers insight to recognize opportunities, and helps build skills to reach the next level of self awareness and success.

**MASTER RESILIENCE**



Build resilience with strategies that help us understand the impacts of change throughout our lifetime. Improve your overall mental, emotional, and physical wellness by practicing daily self-care strategies, and creating a master plan.

**UNDERSTANDING  
COMPASSION FATIGUE,  
BURNOUT & VICARIOUS  
TRAUMA**

Understand the difference between compassion fatigue, burn out, and vicarious trauma. Learn practical strategies for self reflection, self care, and work through a personalized action plan for you.

**MENDING FENCES:  
*A SECOND LOOK AT EMPATHIC STRAIN***

This workshop is ideal for participants who have taken the Compassion Fatigue workshop. Part two dives into work environments, trends, and new self-care strategies post pandemic.

**TAILORED WORKSHOPS**

Don't see what you are looking for? Complete a pre-workshop assessment, and a workshop can be customized based on your needs and requirements.



# WORKSHOPS DESIGNED TO IMPROVE WORKPLACE MENTAL HEALTH

## ASIST 2 DAY WORKSHOP



Helping individuals feel more comfortable, confident, and competent in helping to prevent the immediate risk of suicide. ASIST is intensive, interactive and practice-dominated; designed to help caregivers recognize risk, and learn how to intervene to prevent the immediate risk of suicide.

.....

## SAFETALK: 3-HOURS



Preparing anyone over the age of 15 to identify persons with thoughts of suicide, and connect them to suicide first-aid resources. Becoming an alert helper will increase opportunities to support those at risk.

.....

## SUICIDE CHAT: 1-HOUR

If someone you care about was having thoughts of suicide, would you recognize the signs? Learn what to look for, how to have a conversation, support, and offer valuable resources.

.....

## MENTAL HEALTH FIRST AID



MHFA helps participants become well prepared to recognize signs when someone is experiencing a decline in their mental well-being, and learn how to support them through challenges and crisis.

.....

## HEALTHY WORKPLACES

This session is designed to offer insights into workplace influences that impact mental well-being during times of change, which can lead to unhealthy behaviours. Participants will learn strategies to reclaim mental well being while setting healthy workplace boundaries to build an engaging and healthy workplace. Participants will learn effective conflict resolution approaches to address challenging situations and effective self care strategies to help manage emotional distress.



# MENTAL HEALTH EDUCATION HELPS US

1. prevent development of mental illness
2. manage through challenging times
3. work productively
4. reach their full potential
5. create meaningful contributions



- **11%** of Canadians experience high levels of anxiety
- **9%** of Canadians experience high levels of depression
- **23%** of Canadians feel symptoms of burnout

## FORMAT

- in-person
- online
- keynote

## DELIVERY

- 1-hour
- half day
- full day



## RATES

- 1-hour: \$595.00
- half day: \$1395.00
- full day: \$1995.00