

# EDUCATION PACKAGES



## Programs to Strengthen Workplace Wellness and Performance

Our purpose is to provide affordable and engaging social & emotional learning opportunities. We facilitate impactful conversations and combine clinical information with a safe and relatable environment that promotes skill-building to enhance wellness and performance.

The purpose of our programs is to support the educators, to aid their personal development. We want educators to have the ability to overcome their challenges, manage their emotions, stay focused, and be aware of their stress levels. All of these seem simple, they are not. This education enables educators to more effectively support the students and coworkers they care for so much.

- **Self-Directed Online Learning**
- **Lesson Facilitations with IGM Experts**
- **90 Minute Workshops/Half Day Training**



INFO@IGOTMIND.CA



403-988-8501



IGOTMIND.CA/EDUCATION

## WELLNESS & PERFORMANCE PACKAGE

Courses Include:



Understanding Stress



Managing Expectations



Prepare to Adapt



Team Building



Being Trauma Informed in the Workplace



Communication



Emotional Competence



Wellness

## A PD DAY LIKE NO OTHER

Join Bob Wilkie, former NHLer, best selling author of "Sudden Death: The Incredible Saga of the 1986 Swift Current Broncos", and President of I Got Mind for an unforgettable PD Day experience.

Our dynamic and upbeat team includes Clinicians, Cait and Tania, to help our clients understand what is really going on inside their brains and the brains of their students. Cait is our in-house Psychologist with an extensive background in childhood development. Tania is a Program Director at Hull Services, Child and Youth Care Counsellor, and soon-to-be Therapist. You will also get to work with Facilitators Dean and Shari who have 60 years of combined education experience, you can count on them to bring their insights and unmatched sense of humour. You will be engaged, you will laugh, you will feel emotion, and most importantly, you will expand your mental toolkit!

## IGM PD Day Benefits

- Provide additional support and education through these ever-changing and anxious times
- Improve workplace communication and support
- Foster a caring culture among your staff that prioritizes personal wellness
- Improve student/teacher communication & relations
- Improve mental health education and reduce stigma

## Learning Objectives

- Enhance personal wellness; skills, tools, and strategies with the secondary goal of sharing knowledge with students
- Increase emotional competence
- Increase the ability to manage stress and effectively adapt to the ever-changing demands of today's workplace
- Increase knowledge and understanding of the types of trauma, and how stress, anxiety and depression can affect our students, ourselves, and our coworkers
- Reduce the stigma around mental health



## COURSES & PRESENTATIONS

**Online Self-directed and Online Facilitated Group Presentations  
Keynote Presentations**

**\* Virtual and In-person options available**

Course and Presentation pricing is based on number of participants and number of IGM facilitators required. We will work with you to create a package to fit your budget.

### Getting Started

**Step 1:** Schedule a 30-minute no-obligation consultation to determine which program is best suited

**Step 2:** IGM presents a proposal to fit your budget

**Step 3:** Date and time is confirmed to commence program



INFO@IGOTMIND.CA



403-988-8501



WWW.IGOTMIND.CA/EDUCATION



# WHAT WE'RE HEARING FROM EDUCATORS ...

What's on your mind about mental health in the workplace? Here are some of their responses:

*"Feel it has become more and more of an issue in the past 5 years!"*

*"Have to put emotions/feelings/pressures on freeze to be there for kids and other staff."*

*"The kids aren't okay but the staff aren't okay either. It's hard to fill someone else's bucket when yours is empty and it's hard to fill your own bucket when it's full of holes."*

*"We are expected to do more with dwindling mental health...if I'm not ok, how do I take care of others?"*

*"Time off work for mental health = unpaid leave = more stress about money."*

**In one word, and use as many one word answers as you like, how are you feeling?**



*\*Spring 2021 I Got Mind results.*

# TESTIMONIALS

*"The I Got Mind Team was fantastic - particularly with Teaching Staff as their team brings the realities of teaching and all the stressors they faced into perspective. They lived it & are candidly open & honest & vulnerable in sharing their journeys. They say out loud what needs to be said & there were so many great take aways for all involved!"*

- Prairie Rose School Division

*"These videos gave me a new perspective on chaos. I had always thought of chaos as something that happened around me and to me. I can see that now and can relate it back to situations I have been in. I have created chaos for others through not communicating clearly and effectively and through not paying attention to details which causes me to miss something."*

- Student of Workplace Power Differential Course

## Keynote Speakers



**Bob Wilkie**

Bob is the President of I Got Mind Inc. and is a former NHL defenseman. He has hosted over 1,000 keynotes since I Got Mind was established.



**Tania O'Neill**

Tania is a Program Director at Hull Services and has over 20 years experience working in the mental health field with children and families.



**Cory Clouston**

Cory is a former Professional Hockey Coach (NHL) with a long list of Championships and Coaching Awards. He speaks to the necessity of balancing self-care and skill building to contribute to your team's goals and performance.



[INFO@IGOTMIND.CA](mailto:INFO@IGOTMIND.CA)



403-988-8501



[IGOTMIND.CA/EDUCATION](http://IGOTMIND.CA/EDUCATION)