

Enabling & Motivating Productive Organizations, Wellness, Engagement, & Resilience

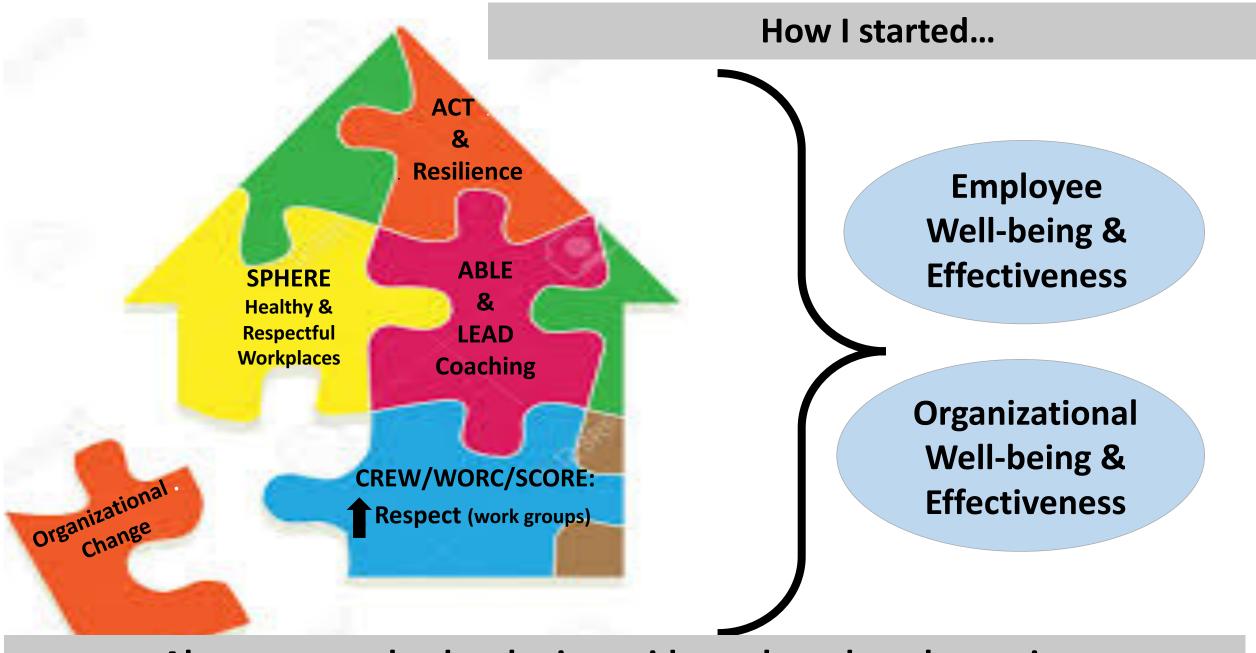
Dr. Arla Day & EMPOWER Team







Thanks to...



About our work...developing evidence-based work practices

Background

Basic Premises

- Work → stress & ill health, but ...
 - → health & well-being
- Address psychosocial factors
- Develop Psychological Healthy Workplaces
 - Physical well-being
 - psychological well-being

Objectives

- Establish interdisciplinary partnership of experts in healthy & productive workplaces
- Identify critical factors impacting worker well-being
- Develop, implement, & test evidence-based workplace initiatives

Chronic Demands

Physical health



Mental health

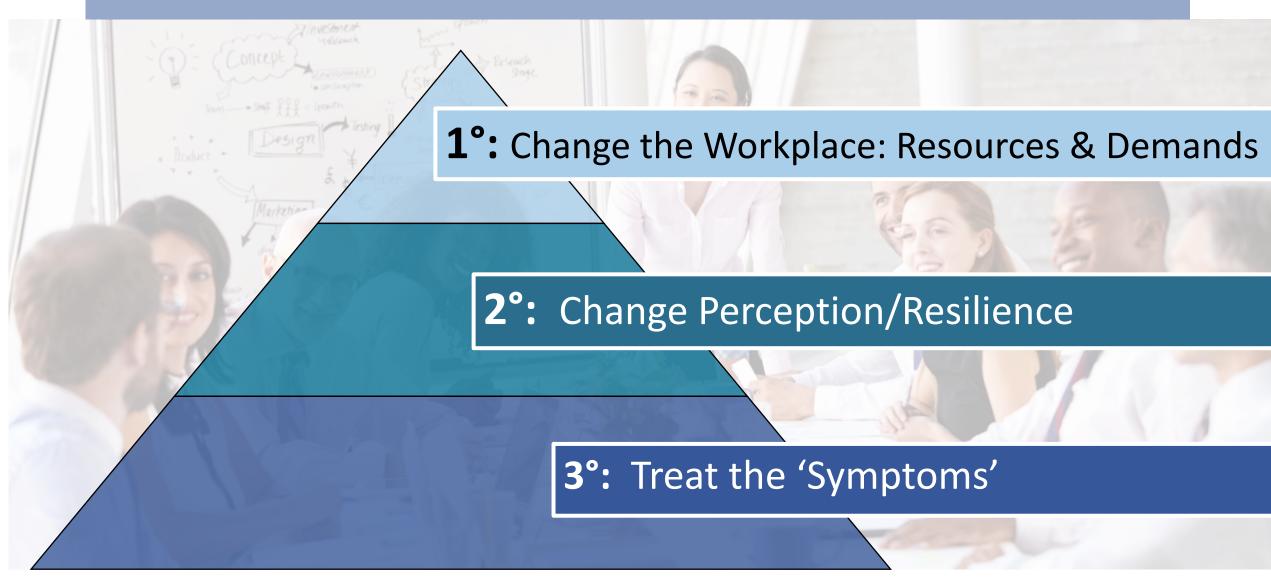


Caregiving issues



Day et al., CIRPD, 2017; please do not cite without permission.

Healthy Workplace Interventions



Day et al., CIRPD, 2017; please do not cite without permission.

Healthy Workplace Interventions



Day et al., CIRPD, 2017; please do not cite without permission.

Creating Healthy Workplaces



Environmental Scan

1. Support Individuals

2. Strengthen Groups

3. Develop Leaders

4. Create
Healthy
Organizations

RTW Remain @ work





HEALTHY WORKPLACES

6TH ANNUAL

Occupational Health Psychology
Summer Institute

July 17 – 20, 2017 | Saint Mary's University | Halifax, NS

Learn about:

- Ψ Leading healthy workplaces
- Ψ Identifying trends in health & safety
- Ψ Supporting vulnerable workers & developing resilience
- Ψ Managing bullying & incivility







