

## Tactics for maintaining Mental Fitness during the COVID-19 Pandemic

Join us Tuesday March 24<sup>th</sup>, 10:00 a.m. MST to 10:30 am MST for our first COVID-19 Mental Fitness Webinar. Afterward, join us for a re-occurring weekly 15-minute webinar every Tuesday at 10:00 a.m. MST starting March 31<sup>st</sup> which will include 15-minute health micro-skills development opportunities to support employees during the COVID-19 pandemic.



Sponsored by



Tuesday, March 24<sup>th</sup>  
10:00 a.m. MST

## AMHSA FREE Webinar Series

### *Tactics for maintaining Mental Fitness during the COVID-19 Pandemic*

AMHSA is presenting a new free Mental Health Webinar Series for our membership and the public. In partnership with the Alberta Urban Municipality Association (AUMA) and the Canadian Society of Safety Engineering (CSSE), we will be offering a free weekly webinar facilitated by **Dr. Bill Howatt** from Howatt HR. These weekly discussions will examine the key behaviours organizations and individuals can do to maintain Mental Fitness during the COVID-19 Pandemic.

The kick-off webinar will be a 30-minute webinar followed by a 10 to 15-minute Q and A that will be hosted on Tuesday March 24, 2020 at 9 Pacific/10 Mountain/12 Eastern/1 Atlantic. The webinar will cover the foundational factors of mental fitness, as well as the impact the COVID-19 pandemic can have on your overall mental health.

Each of the subsequent webinars will be hosted weekly at the same day and time and provide a 15-minute overview of a key micro-skill that you can do to support charging your mental health battery. After the 15-minute micro-skill review, there will be a 10-15min Q and A for you to ask your own mental fitness questions.

Join AMHSA as we spread the word on the importance of looking after your Mental Health during this difficult time, with weekly tactics you can apply immediately.

## Register Now!

### *Tactics for maintaining Mental Fitness during the COVID-19 Pandemic*

Tuesday 24 March, 9 Pacific/10 Mountain/12 Eastern/1 Atlantic

[Register Now!](#)

**Note:** The above registration hyperlink will take registrants to a Canadian Society of Safety Engineering (CSSE) login page for the webinar. You **DO NOT** need to be a CSSE member to register for this free webinar, please select Non-Member Registration if you are not a CSSE member.

The screenshot shows the CSSE website interface. At the top right, there are buttons for 'FR', 'JOIN CSSE', and 'LOGIN'. Below these is a search bar. The main navigation menu includes 'HOME', 'ABOUT', 'MEMBERSHIP', 'CAREER DEVELOPMENT', 'EVENTS', 'CHAPTERS', and 'CONTACT US'. A yellow banner at the top of the content area reads: 'You are not logged in! If you are a member or have a login with our registration system please click "Login & Register" button.' Below this banner are links for 'Export To Your Calendar', 'Share This Event', and 'Print'. The registration form has two buttons: 'LOGIN & REGISTER' and 'NON-MEMBER REGISTRATION'. A red arrow points to the 'NON-MEMBER REGISTRATION' button. At the bottom of the form, the date and time are listed as '24-Mar-2020 12:00 PM - 12:30 PM'.



### **Dr. Bill Howatt**

Dr. Bill Howatt is the CEO of Howatt Consulting and the Chief of Research and Workforce Productivity at The Conference Board of Canada, a member of the International Research Advisory Council (IRAC) at Pacific Coast University of Workplace Health Sciences (PCU-WHS) and Chair of CSA Standard 21008: Management of Substance Related Impairment in the Workplace.

Dr. Howatt, a behavioural scientist, is known as one of Canada's top experts in mental health issues in the workplace and has more than 30 years of experience in the field of mental health, addiction, and HR consulting. As a highly-respected columnist for the Globe and Mail, author, clinician, consultant and speaker, he effortlessly engages and inspires both individuals and groups.

Dr. Howatt is a member of the International Research Advisory Council (IRAC) at Pacific Coast University of Workplace Health Sciences (PCU-WHS). He is also Chair of CSA Standard 21008: Management of Substance Related Impairment in the Workplace.

Prior to joining The Conference Board in 2018, Dr. Howatt worked as Chief of Research and Development, Workforce Productivity at Morneau Shepell where he launched a total health consulting strategy designed to improve health engagement and productivity in Canadian organizations. He has published numerous books and articles, such as *The Coping Crisis*, *Pathway to Coping*, the Wiley Series on addictions, *The Human Services Counseling Toolbox*, and *The Addiction Counselor's Desk Reference*. He is a regular contributor to *The Globe and Mail 9 to 5* and *Leadership Lab* columns and *The Chronicle Herald*. Bill Howatt, is Ph.D., Ed.D., Post Doctorate Behavioral Science, University of California.



### **Jesse Adams MSc**

As a part of his current role, Jesse continues to use his in-depth knowledge of strategic HR, workplace health and wellness, and predictive modelling to support organizations in implementing evidence-based solutions for tangible impacts on key business metrics.

For the last 10+ years, Jesse has worked in the field of corporate health and performance as a senior consultant and National Lead for Morneau Shepell's Total Health Index (THI) Analytics team, an exercise physiologist for Olympic athletes and business professionals. As the national lead for the THI analytics team Jesse lead the development of the THI assessment, employee feedback, reporting and predictive modelling techniques that helped connect and identify key drivers of employee health, engagement and productivity. Along with leading the

THI, Jesse was a key contributor to the development of Employee Recommended Workplace Award.

Jesse is also a contributing author to *The Globe and Mail*, and white papers with the Mental Health Commission of Canada, The Conference Board of Canada, *The HR Reporter* and Morneau Shepell. These have a key focus on understanding respect in the workplace, mental health and developing a total health strategy among other topics pertaining the health, engagement, and productivity of organizations.

