

WELLNESS MATTERS

2021 WELLNESS IN THE WORKPLACE EVENT: April 22 2021

Contact info@carbonsafety.ca or call 250 734 1373 for more info.



**CARBON
SAFETY
SOLUTIONS**



Join us online for a day of discussion and insights around why wellness and the workplace matters.

We will be discussing how workplaces can enhance health, safety, and wellness within the workplace. Among the topics we will review are the relevance of psychological health and safety, fatigue, and the role of equality, diversity, and inclusion in workplace wellness. Book here: [Eventbrite WITW](#)

We are looking for organizations interested in sending delegates or providing sponsorship for the event.

For more information visit: [our news and events page.](#)

8:30am	Pre-Event Networking		
	Welcomes and Keynote Speaker		
9:00am	Snuneymuxw First Nation Welcome	Snuneymuxw First Nation	David Bodaly
9:10am	City Welcome	City of Nanaimo	Mayor Leonard Krog
9:20am	Carbon Safety Solutions Welcome	Carbon Safety/Coaching Suite	Scott Lescak/Darlene Huff
9:30am	Enhancing Psychological Health, Wellness and Resilience in the Era of COVID-19	MyWorkplaceHealth	Dr. Joti Samra
10:30am	Break		
	Morning Speakers		
10:45am	The Role of Community In Safety	Actsafe Safety Association	Don Parman
11:15am	Panel Discussion Equity/Diversity/Inclusion – Influencing Workplace Health, Safety & Wellness	Snuneymuxw First Nation, Central Vancouver Island Multicultural Society, Our Landing Place, Royal Canadian Navy	David, Angelika Valchar, Alice Curitz, Meiz Majdoub Jr.
12:15pm	Resilience in the Face of Adversity	Vancouver Island University	Dan Vandersluis
1:00pm	Lunch		
	Afternoon Speakers		
1:30pm	The Power of Sleep in Workplace Safety and Health	Sleep and Dreams	Clinton Marquardt
2:15pm	Unspoken: The Entrepreneurial Journey	Blue Koi	Jason Ng
2:45pm	Break		
	Closing Speaker		
3:00pm	Harassment, Violence, and Psychological Safety at Work	WorkSafeBC	Kira Berntson
4:00pm	Event Closeout	Carbon Safety Solutions	Scott Lescak
4:15pm	Post Event Networking		
5:00pm	Event Close		