



**Join leading thinkers in hands-on workshops and brave conversations to create mentally healthy teams that are connected, effective, and purpose driven.**

If you believe becoming an industry leader in workplace mental health and wellbeing is good for business, then State of Mind is for you!

### DAILY SESSIONS - MAY 4 - 6

- 8 am** Morning meditation
- 11 am** How to implement best practices in workplace mental health
- 1 pm** Case Studies: Innovative Practices in Workplace Mental Health
- 4 pm** Panel Discussions: Brave Conversations
- 7 pm** Daily Inspiration: Transformative Stories and Essential Teachings

### CLOSING PANEL - MAY 7 - 1PM

### MAIN TOPICS

- How to create mentally healthy teams that are connected, effective, and purpose driven.
- What is workplace mental health? Creating and tracking essential key performance indicators.
- How to balance individual and organizational responsibility for mental health and wellbeing.
- The necessity to role model behaviours that promote self-awareness and resilience.
- Rarely discussed, brave conversations about difficult workplace situations.
- Innovator panels that share best practices to improve short-term and long-term disability outcomes.
- Using discernment to produce imaginative transformation plans.
- Evaluate progress and stay committed through the challenges of the change process.



Follow us on social media for latest updates

Contact us : [tickets@startswithme.ca](mailto:tickets@startswithme.ca)

**Early bird tickets starting at \$49**

**Learn more:** [stateofmindfestival.com/workplace/](http://stateofmindfestival.com/workplace/)

Access to the **youth festival** is FREE for schools. Your ticket purchase is tremendously helpful towards providing this important youth program, thank you!