

**People  
Working  
Well**

**BC's Hub for  
Workplace  
Mental Health**



## UPCOMING WEBINARS for Community Social Services

**JUL 9 12PM - 1PM**

### **Increasing Emotional Intelligence at Work**

Learn practical tools to strengthen emotional intelligence, improve communication, and build healthier workplaces. This interactive webinar explores emotional triggers, behaviours, and how to respond thoughtfully to others—especially in high-stress environments.

**JUL 23 12PM - 1PM**

### **Recovery: a Personal Account From the Front Lines**

Brian Dean Williams shares his personal journey of coping with stress and moral injury as a frontline worker in mental health and substance use care. He offers a heartfelt account of the challenges he faced, how his work and struggles intertwined, and the path he took toward healing, resilience, and hope.

**AUG 27 12PM - 1PM**

### **Preventing Workplace Bullying Through Psychological Safety**

This webinar helps participants recognize bullying, understand its impact on psychological safety, and explore proactive, organization-wide strategies to build a respectful, inclusive culture. Designed for leaders, HR professionals, and employees committed to fostering safer, more supportive work environments.

**REGISTER NOW at [PeopleWorkingWellBC.ca/events](https://PeopleWorkingWellBC.ca/events)**



**Canadian Mental  
Health Association**  
British Columbia  
*Mental health for all*



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