



Continuing Care Council Assembly

Monday, March 4, 2019

Grand Haven Centre
70 Grandhaven Boulevard, Halifax

AGENDA

10:00am WELCOME AND OPENING REMARKS

10:10am HANS MEMBER FORUM UPDATES

- Continuing Care Council and Sub-Committees/Working Groups
- Diverse Abilities NS
- Home Care Network

11:00am RESTRUCTURING OF THE CONTINUING CARE COUNCIL

- Update on Member Consultations and Next Steps

11:30am WORKPLACE SAFETY ACTION PLAN UPDATE
Susan Dempsey, Executive Director, AWARE NS

12:00pm NETWORKING LUNCH

1:00pm UNDERSTANDING AND GROWING RESILIENCE FOR A FLOURISHING LIFE
Darren Steeves, BED, MSC, CSCS, CEP, CEO of Vendura Wellness

Darren Steeves has over 25 years of experience as a coach, teacher, and mentor to countless health and wellness professionals. He's presented to thousands of people in both lecture and workshop formats on topics ranging from leadership to resilience and beyond. Darren has also appeared in the media – The Chronicle Herald and CTV -- on several occasions, discussing topics around wellness, resiliency and engagement. He is also the author of the book, "*Stop Wishing for Friday.*"

Resilience means the difference between handling the pressure of the day with a smile on your face or simply losing your cool with coworkers or someone you care for. Resilient people tend to maintain a more positive outlook and cope with stress more effectively. They are flexible, adapt to new circumstances quickly, and actually thrive in constant change. Most importantly they expect to bounce back and feel confident in challenging situations and life events.

Resilience is not something that we're born with – it develops over time as we acquire knowledge, perspective and self-management skills. In this two-hour workshop style session, Darren will address the overarching theme of resiliency and workplace engagement, discuss the development of skills that can be applied in everyday life to strengthen an individual's ability to overcome adversity and challenges, adapt well to change, manage stress, and thrive in their personal and professional lives. These learnings can be applied to participants personally and in their approaches to promoting healthy and productive work environments.

3:30pm

CLOSING REMARKS

Let us know that you're coming to help us plan...

Name: _____

Organization: _____

Email: _____

Please email this form to Carol Salkin carol.salkin@healthassociation.ns.ca or fax (902) 832-8505.