

Focus Group Session
March 18th, 2021



The Guests



Mandi J. Buckner, MHA, CCC,
CPS, Cert. in Adult Education

Return to Work & Career Consulting -
Workplace Mental Health
Mandi J Buckner Consulting

Instructor - Faculty of Continuing
and Professional Studies
Sheridan College



Meagan K. Regis

Senior Organizational Health Consultant,
Integrated Health Solutions, Group Benefits
Sun Life Financial

Professor, Health Analytics and Digital
Programs, WWHP
Centennial College

*Certified Psychological Health and Safety
Advisor, Canadian Mental Health Association*



Gavin Mosley, CEBS

Group Benefits Consultant
Mosley Group Benefits

Icebreaker

If you were to share a message on a billboard, to inspire others to stay motivated during the COVID-19 pandemic, what would your billboard say?





Vision

Value employee mental, physical, and psychosocial health as fundamental to organizational success; and

Adopt and implement a comprehensive approach to healthy workplace as an integral part of their business strategy and operations.

Mission

Bring together, educate and support all workplace stakeholders who are working towards creating mental, physical and psychosocial healthy workplaces.

Goals

- 1) A comprehensive workplace health approach is an integral part of organizational planning and management with ownership and accountabilities created.
- 2) Healthy workplaces is a priority item on the agenda of Ontario governments.
- 3) The full economic and social impact of comprehensive workplace health is measured.



The Model

Comprehensive Workplace Health (CWH) Model.

Four elements - occupational health & safety, health & lifestyle practices, organizational culture, and organizational social responsibility.

CWH approach includes awareness, skill building, and creating supportive environments.

SWOT Analysis

From your experience and knowledge, what is your input for a SWOT Analysis, in terms of the implementation of Health & Lifestyle Practices habits or programming, at the individual or organizational level?

From the Model: Health & Lifestyle Practices

Creating an environment that is supportive of and encourages health enhancing personal lifestyle practices, such as:

- Physical activity
- Healthy eating
- Healthy weight
- Tobacco cessation
- Stress management
- Reduced drug & alcohol use
- Adequate sleep
- Immunization
- Reproductive health
- Sun safety



Stakeholder Review

In your respective fields of work within workplace health, are there particular stakeholders which are vital to success? Could there be stakeholders which are overlooked, or forgotten about?

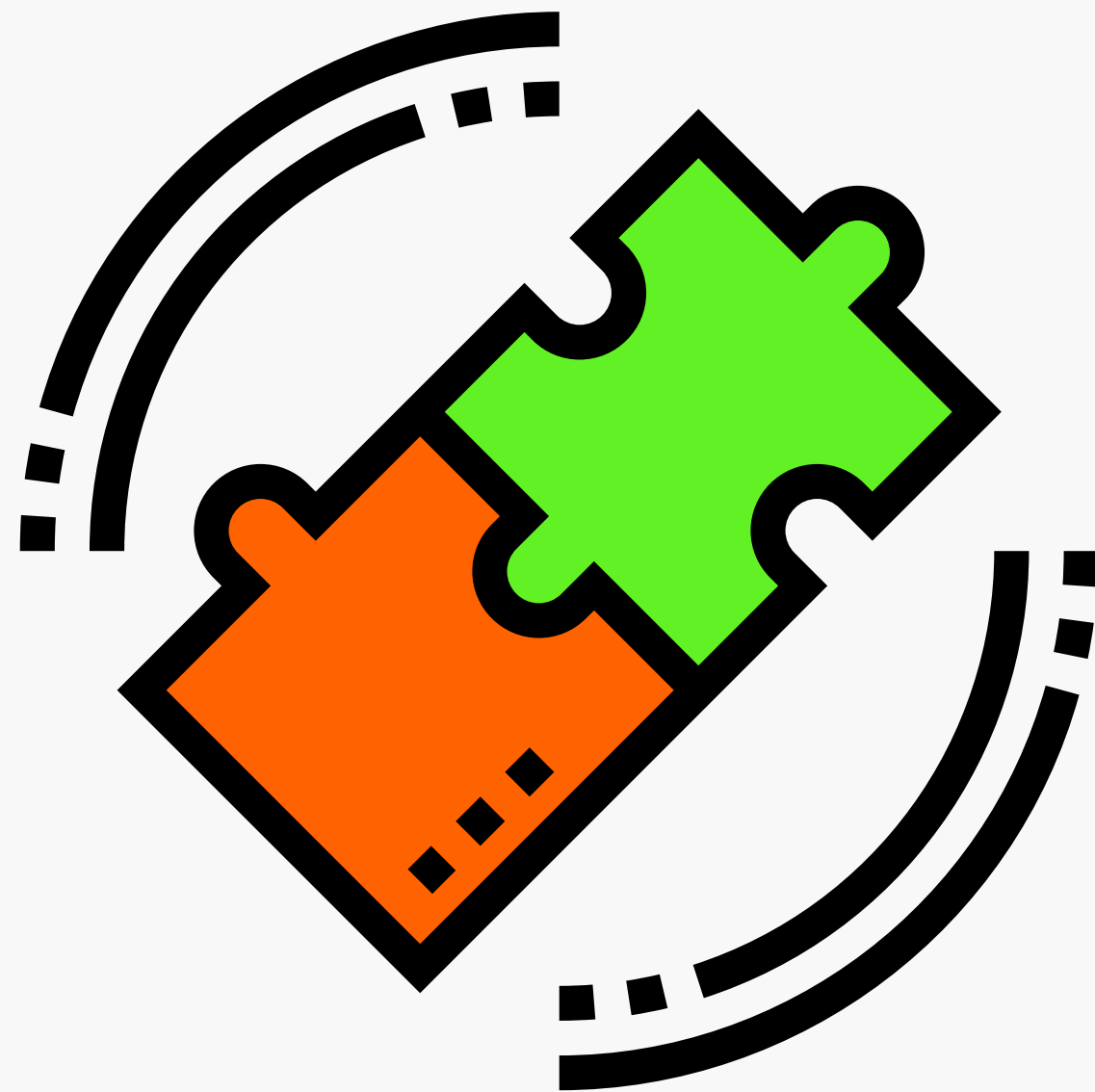
What is their influence or resistance?

Stakeholder: an individual or group that cares about or has a vested interest in the work. Can be a person or group who is impacted by the work, or a person or group who could have an impact on the work.

Source: Project Management Institute (PMI)



Assumption Log



In your respective fields of work within workplace health, what are the type of assumptions that at all times, you avoid to make?

In order to avoid these assumptions, is there a particular process, practice, or tool you follow or utilize?

At the same time, are there assumptions of any sort that you are comfortable to make?

If so, why are you comfortable to make these assumptions? It is because of experience, best practices, or evidence-based data?

Thank you Mandi, Meagan, and Gavin.



OWHC | Ontario
Workplace Health
Coalition



www.owhc.ca