

MENTAL HEALTH: CREATING HEALTHY WORK CULTURES

IN THIS WORKSHOP WE WILL EXPLORE:

- Mental health statistics
- Why stigma exists and ways to break it down
- Supporting a healthy workplace
- Detractions from a healthy workplace - how to address your concerns
- Create an action plan for yourself

WEBINARS FOR WOMEN IN ENGINEERING AND TECHNOLOGY FALL 2020

REGISTER FOR THE UPCOMING WEBINARS

NOV 24

**Addressing Unconscious Bias
with Effective D & I Strategies**

DEC 01

Actively Manage Your Career

The Advancing Women in Engineering and Technology Project is launching another set of webinars to support women in engineering and technology. Each webinar will address an important topic and there will be opportunities to discuss openly, problem solve together and learn new tools to help women navigate the engineering and technology landscape effectively.

Our project webinars are always **free**.

If you are unable to attend, recordings will be available on our website: womeninengtech.ca/webinars/



ADVANCING WOMEN IN ENGINEERING AND TECHNOLOGY

NOVEMBER

10

TUESDAY



8:00AM-9:30AM (PST)



PRESENTER:

Debbie Pearmain



REGISTER:

Use this [link](#) to register for the webinar please save the email link you receive in your calendar