



Work-Able SOLUTIONS

Occupational Therapy Consulting Services

RETURNING TO THE WORKPLACE

Supporting positive
well-being during the
return to the office

SOLUTIONS FOR LIVING AND WORKING WELL

This 30-minute wellness workshop will provide participants with practical tools and strategies aimed at proactively managing stress, anxiety, and mental health symptoms that may arise during the transition from the home office back into the workplace during the pandemic. Participants will learn how to increase self-awareness and learn methods to improve coping and resiliency.

WHAT PEOPLE ARE SAYING:

95% of participants rated the workshop as "excellent".
"It was great. Thank you for all the information."
"This was perfect for me."

**This workshop can be delivered
virtually or in person**

Contact us to find out more:

 204-338-0601

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 www.workablesolutions.ca

