

Psychological health & Safety Resources

1. Upcoming Courses – Register on Learning Hub

- Mastering Difficult Conversations Course - Nov 29th & Dec 5th 2023 inclusive [Link](#)
- Exploring a Respectful Workplace - Nov 22nd [Link](#)
- Equity, Diversity and Inclusion (EDI) Training - Variety of upcoming topics and dates [Link](#)

2. VCH Leadership Development sessions (**Winter 2024 session**. Intake Nov – Dec 2023)

3. **Leadershift Cohort Programs**: Engaging with Conflict; Influential Leadership; Developing others through Feedback Conversations [Link](#)

4. VCH Psychological Health & Safety **Team Awareness sessions** [Link](#)

5. Know, Say, Do: **A Tool for Leaders** [Link](#)

6. **1:1 Leadership and Leadership Team coaching** (Contact: MedicalStaff@vch.ca or VCHLeadership@vch.ca)

7. Canada Life **Workplace Strategies for Mental Health** website [Link](#)

8. Oct 19, 2023 **OneVCH Townhall**: Supporting psychological health & safety in the workplace [Link](#)