



## COVID-19: Confront the Fear & Optimize on Wellness Initiatives in Your Workplace – Free Zoom Seminar

HR Performance & Results and Thorpe Benefits are pleased to collaborate on this critically important topic.

Join us for a free, 1-hour session where we will discuss the top 5 strategies to ensure that your employees *are* and *feel* safe in your workplace and the top 5 ways to implement wellness initiatives that will have a positive impact on your workplace culture during a pandemic.

Tuesday  
**JUNE**  
**23**

8:30am – 9:30am

Online (Zoom)

### PRESENTERS



#### **Nicole Cairns – Health and Wellness Director, Thorpe Benefits**

Nicole has 10+ years experience creating award winning corporate wellness solutions across 20 different facets of individual and organizational health. Her programs yield results that are well above the typical outcomes in terms of both engagement and behaviour change. Nicole has a passion for creating thriving communities and individuals through developing integrated solutions to improve organizational, psychological and physical well-being. Most recently her expertise in the area of applied positive psychology is helping organizations support the mental health and resilience of their community. She is also a sought-after speaker having presented at numerous events over the last decade including the Canadian Positive Psychology Conference and the Imagine Your Workplace Conference and was voted one of Canada's top 5 innovators in Mental Health by DiversityCan magazine.



#### **Janice Leroux, CHRL – HR Partner, HR Performance & Results**

Janice is an experienced business professional with her CHRL and over 25 years of experience in all areas of the human resources profession. As Owner and President of HR Performance & Results, Janice Leroux strongly believes that all businesses, regardless of size, need senior level HR expertise from partners who are attuned to their business needs. However, in small and mid-sized businesses, typically there is not an internal HR expert to provide that support. Janice continues to educate business owners about the importance of HR and speaks at various conferences and events throughout Barrie and the GTA.

### REGISTRATION

To register please complete the following information and forward your registration form along with any questions to Nicole Vanderpost at [nicole@hrpar.ca](mailto:nicole@hrpar.ca)

Name: \_\_\_\_\_

Company: \_\_\_\_\_

Position: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone Number: \_\_\_\_\_

E-mail Address: \_\_\_\_\_