



# WOW

**Wellness Outreach Workshops**

the ENCANA WELLNESS CENTRE : *LIVE WELL*

**START ▶**



## Wellness Outreach Workshops

Almost 44.2% of Mount Royal students identify STRESS as the leading health issue affecting their academic performance (National College Health Assessment data, Spring 2008). Professionals from the EnCana Wellness Centre are responding by offering...

### **WOW! Wellness Outreach Workshops.**

Linking with the class curriculum, these workshops are designed to support the academic and personal success of your students. They contribute to creating “exceptional educational experiences”, by helping students to link theory with action. Faculty members can integrate a Wellness Outreach Workshop as part of their core curriculum, or may request one through the term if there is an observed need or due to Instructor absence. This program is designed to provide outreach education on a variety of health and wellness topics specific to the needs of our students.

## Click to view **Module Descriptions:**

### **Tobacco, Drugs and Alcohol**

- \* The New Cool

### **Balancing Life as a Student**

- \* Student Wellness Wheel ... How smooth is your ride?

### **Life/Career Planning**

- \* Follow your Bliss

### **Stress Management**

- \* How to Get Your Stress Working for You

### **Building Respect Together**

- \* Creating Respectful Work and Study Environments

### **National College Health Assessment**

- \* The Health of the Mount Royal Student

### **Spirituality and Wellness**

- \* Being Fully ALIVE

## Click to view **Logistics:**

- \* Booking and Contact Details



## **Tobacco, Drugs and Alcohol**

### **\*The New Cool**

This workshop is all about alcohol, drugs and tobacco use. Learn about MRU students' perceptions.... and find out the trends of today's university age student. Find out why students are becoming more interested in health and wellness than drugs and alcohol.

## Balancing Life as a Student

\*The Student Wellness Wheel - How smooth is your ride?

Students participating in this workshop will discover the multi-dimensions involved in optimal well-being. Through interactive discussion and group work, students will discuss the concept of wellness, explore dimensions of wellness that impact their lives, assess their current level of wellness, create a visual representation of their own wellness, and share ideas and strategies for improving personal well-being.



## Life/Career Planning

### \*Follow your Bliss

"Follow your Bliss" is a career planning workshop that provides an overview of effective career decision making including specific direction on gathering and organizing information both about one's self and the huge range of possibilities in today's labour market. Participants will leave with a clear idea of factors to include in their career decision-making and a plan for ongoing development.

## Stress Management

### \*How to Get Your Stress Working for You

This lively workshop will cover key topics in stress management. Students will learn about the physiology of stress and how to identify healthy and unhealthy stress responses. Participants will learn how to assess their own "signs of wellness" and "symptoms of stress overload". Tools for managing negative stress will be discussed, with emphasis placed on empowerment, perspective, attitude and activity. Strategies for building resiliency will also be explored.

## Building Respect Together

### \*Creating Respectful Work and Study Environments

Students participating in this workshop will understand the role of Human Rights legislation in supporting inclusive environments free from discrimination and harassment. Students will learn about the trend today in promoting work and study environments which are psychologically safe as well as physically safe. Through interactive exercises and discussion, the students will discuss sexual harassment, the impact of bullying and cyber-bullying, the important role of the bystander and their roles and responsibilities in creating a respectful campus community.

## National College Health Assessment

### \*The Health of the Mount Royal Student

This workshop is all about the statistics! Students will learn about the National College Health Assessment (conducted in 2006 and 2008) and the trends, perceptions, and behaviours of their Mount Royal peers. This workshop is interactive and informative, and allows students to learn about many different health issues, including:

- \*General health and safety
- \*Alcohol, tobacco and drugs
- \*Sexual health
- \*Weight, nutrition and exercise
- \*Mental health
- \*Academic impacts



## Spirituality and Wellness

### \*Being Fully ALIVE

What makes YOU feel most ALIVE? This engaging and meaningful workshop will focus specifically on the spiritual dimension of the wellness wheel. Through this presentation, group discussion, and personal reflection, participants will have the opportunity to learn about the relationship between spirituality and wellness, explore their own sense of what it means to be spiritually well, and be guided in the resources available for their spiritual development.

## LOGISTICS:

- \* Please allow one week to two weeks notice at least.
- \* Customized workshops may be developed to complement your course syllabus ... provided there is adequate development time.
- \* Presentations are based on 50 minutes, but can be adjusted to meet your needs.
- \* These workshops are educational, interactive, and encourage students to critically examine their assumptions, values, attitudes, and present knowledge about health issues.
- \* If you are interested or have more questions, please call Shermin Murji, Health Education Coordinator, at 403.440.6369.



Wellness Outreach Workshops