



# Powerful Play Experiences

Creating Engaged Teams

Powerful Play Experiences  
Values Positive Workplace  
Mental Health.

1 in 5 Canadians will experience a mental health problem or illness each year. When we're not well it effects everything we do, at home and at work. And most adults spend more working hours at work than anywhere else. In any given week, 500,000 employed Canadians are unable to work due to mental illness. It's why workplaces should care about mental health."

- Mental Health Commission of Canada -

We're Proud To Launch Our Newest Workshop Experience!

***Positive Workplace Mental Health! Embrace What Really Matters!***

For Complete Workshop Details Check Out [www.powerfulplay.ca](http://www.powerfulplay.ca)



An Engaging and Interactive Two Part Workshop Experience  
Packed With Plenty of Fun and Positive Energy - Typical of All  
Powerful Play Experiences Workshops!

*"I'll facilitate this FULL DAY Workshop Experience at your workplace."*

- Robert, Mental Health Champion

**Robert Manolson** BA, CCDP  
Creator & Facilitator

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*Robert has successfully completed  
The Canadian Mental Health Association  
Certified Psychological Health and Safety  
Advisor Training.*



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## An Engaging and Interactive Two Part Workshop Experience

### Part 1: Everyone Loves A Great Story!

In Part 1, Robert shares his personal journey of living with and managing depression and anxiety, while balancing commitments to work, family and life. And, on any day of the week, how he applies a variety of strategies to maintain his emotional and mental well being.

### Part 2: The National Standard of Canada

Learn the benefits and understand the impact of The National Standard of Canada and 13 Factors That Support Psychological Health and Safety in YOUR Workplace. Then, start a conversation with your Co-Workers and Decision Makers. Seek commitments to implement Workplace Mental Health Best Practices.



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For More Information and Resources:

**Mental Health Commission of Canada**

Great-West Life Centre for Mental Health in the Workplace  
Canadian Mental Health Association

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