

Mental Wellbeing @ Work

OVERVIEW

Mental health issues are often ignored or stigmatized in the workplace. In today's fast-paced, ever-changing world of work, poor employee wellbeing leads to increased disengagement, hinders innovation and corrodes organizational fitness.

Join us as we continue our year-long series on workplace wellbeing.

In this event, we will:

- Gain insights on how mental health issues impact the workplace
- Explore the intersections of mental health, stress and RX drug abuse
- Understand how to increase engagement in your EAP program
- Learn about a tool kit that you can leverage to address mental health in the workplace
- Discover how the physical work environment can support cognitive and emotional wellbeing at work

AGENDA

08:30 – 08:50 Breakfast & Network

08:50 – 09:00 Welcome & Introductions

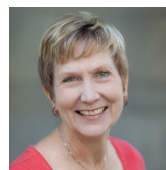
09:00 – 09:20 Nancy Board, Employee Assistance Programs (EAP)

09:20 – 09:40 Kathy Sakraida, The NEBGH Working Well Toolkit

09:40 – 10:00 Dr. Young Lee & Matthew Schottenfeld, CAPTIW & The Built Environment

10:00 – 10:30 Mini break-out/workshop

GUEST SPEAKERS



Nancy Board
Behavioural Health & Wellbeing Expert
Co-Founder: Global Women 4 Wellbeing



Kathy Sakraida
Director, Quality Initiatives
N.E.B.G.H.



Young Lee, Ph.D. LEED AP, WELL AP, NCIDQ
Director
Innovative Workplace Institute



Matthew Schottenfeld, NAB
Associate Director
Innovative Workplace Institute

DATE + TIME

May 9th 2017 from 8:30am – 11:00am

LOCATION

Steelcase WorkLife Center
4 Columbus Circle, 8th Floor
New York, NY, 10019

PLEASE RSVP:

partner4wellbeing@steelcase.com