



Building Your Resilience

Friday, January 22, 2021 from 12:30 p.m. to 4:30 p.m.

2020 was a year like none other in recent memory. OMHRA Members and their teams faced unprecedented challenges and changes as they worked to ensure the front-line safety of Ontarians and to ensure the ongoing operations of municipalities.

While we now see light at the end of the tunnel, we are still battling COVID-19 and its devastating impacts.

Our first One-Day Symposium this year is designed to help you, as an HR Leader to ensure your own good health and happiness in 2021.

Brought to you by our Gold Sponsors:



12:30 p.m.

RESILIENCE AND YOGA

This 30-minute presentation will talk about Resilience, the ability to build it and how yoga can benefit your journey to better adapt to changes that happen in your life. A brief overview of the styles of yoga you can consider will be undertaken. Sample demonstrations will also be part of the presentation.



Elizabeth (Liz) McGregor is the founder of PÜR Resilience, a yoga, movement + awareness program that offers services online. She previously owned and operated a yoga and movement studio and continues to support important projects in the community. Liz is a strong advocate for mental health and wellness.

Liz has completed her 300-hour teacher training and is currently taking her certification in meditation, mindfulness and an additional 50-hour specialized yoga training for the brain + body.

Before moving to yoga and movement, Liz spent almost 30 years in politics and government, leading large and small teams in strategic planning, legislative and regulatory reforms and communications and issues management.

“It’s never too late to start new.”

1:00 p.m.

DEMONSTRATION ON OFFICE ERGONOMICS

Whether you are working from home or have your own office space, this session will teach you an effective and efficient way of setting up your workstation. The Ergonomist will demonstrate how to adjust your office equipment using a practical step by step process. Further information will also be provided on resources and tools that you can use to assist with adjusting your workstation.



Mike Lanigan is a Registered Kinesiologist and member of the Association of Canadian Ergonomists (ACE). He brings over a decade of experience in ergonomics consulting to his current role with Workplace Safety and Prevention Services (WSPS). Mike has a wide range of experience in ergonomics and has worked closely with a variety of departments within municipalities, such as projects including ergonomic assessments, physical/cognitive demands analysis, and training.

1:45 p.m. BREAK

2:00 p.m. SELF-CARE STRATEGIES

We often hear people say, “take care of yourself.” But, what does this really mean?

This session will increase participants’ awareness and understanding of self-care and highlight the factors that can promote and preserve their health and well-being. Participants will gain practical tools and resources to activate their own personal self-care practice.

During this wellness session participants will:

- Increase awareness and understanding of what self-care is
- Enhance knowledge of the factors that can support health and well-being during the COVID-19 crisis, and,
- Gain tools and strategies for the development of a successful practice of daily self-care to enhance wellbeing during this challenging time.



Rivkah Sherman is an experienced wellness educator and health promotions coordinator, as well as a student of life. She creates and delivers comprehensive organizational wellness programming for employee focused organizations. She has been organizing and facilitating groups since 2010, in classrooms, at festivals, for multi-day wellness retreats both in Canada and internationally, and most recently, online. Her main areas of interest and focus are relaxation and stress relief, mindfulness, behaviour change and nature integration. Rivkah is an E-RYT 500 Certified Yoga teacher and a Souluna Life coach, and she holds a B.A. in Cultural Studies from UBC and a Post-Grad Diploma in Health and Wellness Promotion in the

Workplace from Centennial College.

3:00 p.m. HEALTHY EATING FOR THE BUSY PROFESSIONAL

Through this seminar you will learn how to be strategic about healthy eating and learn the principles of eating smart while managing a busy professional life. You will also walk away with easy meal ideas that can be incorporated into your daily routine!



Nicole Osinga, RD, MAN, BASc, CDE is a Registered Dietitian and Certified Diabetes Educator with a virtual and in-person nutrition counselling practice located in Durham Region. You can find Nicole on local or national TV and on Instagram, where she is known as the 'Plant-Based Meal Prep Expert'. The Plant-Based Meal Prep Master Plan e-book is available on her website.

3:45 p.m.

MOCKTAIL MIXOLOGY DEMONSTRATION

An awareness of wellness influences what we buy and ingest. The growing interest in mixed drinks without alcohol has spawned an array of beverages that offer more than a soft drink. Mocktails are one of today's biggest cocktail trends.

Join us for an inclusive cocktail masterclass with Seedlip, the world's first distilled non-alcoholic spirits designed with the cocktail experience in mind. Crafted by distilling globally sourced botanicals, each of Seedlip's three variants – Spice 94, Garden 108 and Grove 42 – are alcohol, calorie and sugar-free. Simply topped with a splash of Tonic or used as the base for more sophisticated recipes, Seedlip makes crafting cocktails easy at home.

As we head into the new year, take a moment of pause for yourself to reflect, reset and refocus. Create space for yourself through little rituals, like winding down the day with a delicious non-alcoholic cocktail. Available at your local Loblaws or delivered directly to the comfort of your home via seedlipdrinks.com/ca.



Sarah Parniak is the Canadian Market Manager for Seedlip, the world's first distilled non-alcoholic spirits. She's also a drinks writer and educator with a bottomless curiosity for beverages. In a former life, she spent most of her time behind bars and has represented Canada in international bartending competitions. Find her on social media @s_parns and Seedlip @seedlip_NA..

ONE-DAY SYMPOSIUMS



In 2021, OMHRA will host a series of six One-Day Symposiums which will replace our traditional Spring Workshop.

These professional development events will be held virtually, and will provide Members with the excellent content and learning opportunities OMHRA events have come to be known for.

Details will be coming soon to your inbox!

January – Building Your Resilience

February – Negotiation Techniques

May – Promoting Mental Health

June – Encouraging Diversity and Inclusion

October – Fostering Healthy Workplaces

November – Navigating Employee Momentum