



Winnipeg Regional  
Health Authority  
Caring for Health

Office régional de la  
santé de Winnipeg  
À l'écoute de notre santé



# COPING WITH WORKPLACE STRESS

## Virtual Workshop

**Facilitated by TARA MAGNUS-WALKER, MMFT, BN, EAP Counsellor**

Participants will become acquainted with the effects of increasing workload, overwhelming change, disharmonious team-dynamics, tragic client situations and dealing with difficult people. All of the above can lead to stress and fatigue which impacts on health and job performance.

This workshop will deal with recognizing the signs and symptoms of workplace stress as well as coping with its effects. Special attention will be paid to self-care and protective factors. Other related topics that may be covered include post-traumatic stress disorder, compassion fatigue, vicarious trauma, burnout and caring for the caregiver.

**LOCATION:** \*Please note that this session will be delivered virtually.  
Participants will receive a Zoom meeting link via email prior to the session.  
You will need to have a computer or device with audio to participate

**DATE:** Wednesday, April 13, 2022

**TIME:** 1:00 to 4:00 pm.

*Opened to  
all staff*

Visit the [LMS](https://sharedhealthmb.learnflex.net) to register  
<https://sharedhealthmb.learnflex.net>

**Search for: WRHA – EAP – Coping with Workplace Stress**