



RISE ABOVE



Making a Difference by Improving Mental Health In and Out of the Workplace

I am looking forward to be speaking at the 2018 Toronto Rotary Convention. I will be speaking from my own experiences and observations. The topic I will be speaking on is, "**Making a Difference by Improving Mental Health In and Out of the Workplace**".

Sadly, many practices and behaviors in the workplace and in the world around us can lead to toxicity and poor mental health. In my presentation people will learn ways to identify these practices and behaviors, along with methods to create a more positive environment. With this information, you will be better equipped to help yourself and your co-workers, family members, and friends.

For more information in this convention click below:

<http://www.riconvention.org/en/toronto>



"RISE ABOVE"

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