Building Resilience in a Stress Epidemic



This is a webinar from 2020, reflective upon the COVID-19 pandemic, but the principles and strategies mentioned are still applicable for HR directors facing any economic uncertainty or stress in the workplace due to external factors that may affect employees.

Date: December 16, 2020

Duration: 1hr

Expert Speaker: Dr. Ryan Todd

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Read the Q&A's here

About the Webinar

There was tremendous need before COVID-19 to deal with benefits, programs, and culture changes to address workplace mental health concerns. The pandemic has only exacerbated these concerns. A recent study revealed that nearly 70% of employees say the coronavirus pandemic is the most stressful time of their entire career. What are the implications of this for organizations today? Dr. Ryan Todd, Psychiatrist and CEO of *headversity*, will cover the impacts of stress on today's workforce, why organizations should care about resilience in their workforce, and how resilience can help mitigate the negative effects of stress and improve organizational outcomes.

About the Speakers

Dr. Ryan Todd

Dr. Ryan Todd is a psychiatrist and recently converted technologist, founding the workplace mental health and resilience app, *headversity*. His work at *headversity* brought together a team of psychiatrists, psychologists, and educators to build an industry-redefining app that is setting the new standard for workplace mental health, working with some of North America's largest and leading employers. Dr. Todd is also an award-winning documentarian, a Top 40 under 40 recipient with Avenue Magazine, a published researcher, and the host of the popular HR podcast, "Beyond the Checkbox". Through *headversity*, Dr. Todd envisions shifting mental health out of the back-logged system and into employees' hands through personal resilience

training.

About headversity

Headversity is a digital mental wellness program built for the now. With an increasingly remote workforce, headversity’s mobile, micro, and measurable program gives employees personalized and media-rich content from the convenience of their mobile device. Its training program will help employees build their resilience and get ahead of adversity.