Psychology of Return to Work



Date: July 15, 2020

Duration: 1 hour

The Speaker: Dr. Karen MacNeill, Performance Psychologist

Download the Slides below

About the Webinar

As workplaces continue to navigate the disruption produced by COVID-19, the attention has now been directed towards Return to Work protocol. Leadership and HR professionals have been busy working on procedures required to mitigate risk to physical health and create a safe place to work. Return to Work committee's need to also consider the "psychology of return to work' and take measures to protect and promote mental health as we enter this 'Brave New Workplace.' In this webinar you will learn about:

- The Brave New Workplace and potential impacts to mental health
- Common psychological responses to consider in Return to Work planning
- Recommendations on how to protect mental health and build a resilience plan for your organization

About the Speaker

Dr. Karen MacNeill is a performance psychologist with the unique experience of competing and consulting on the World stage. She is the lead Mental Performance Consultant for the Canadian Olympic Committee and has worked with athletes competing at the last 4 Olympic Winter Games, while also having competed herself at the international level for over a decade. Karen is also co-founder and Chief Product Officer of a mental wellness tech company called *headversity*, which offers preventative and personalized mobile training to workplaces to help their people get ahead of adversity. While her vast experience has been working with elite level athletes and business leaders, Karen believes mental wellness can be learned and practiced by everyone, and that technology is a vital resource to help accomplish this.

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.