

Safety Seminar

Creating Wellness in Times of Uncertainty - Allan Kehler

2020 was a year like no other, and 2021 is going to be full of unique challenges. Learn how to withstand, manage, and effectively cope in a constantly changing world.

The ability to navigate through stress and adversity relies on developing certain thoughts and behaviours. Allan provides strategies that will help you to not only survive change, but to thrive in the midst of your challenges. Through an interactive quiz and various hands-on activities, you will be empowered to take back control no matter what surrounds you.

It's time to slow down and focus on number one. YOU!

Learner Outcomes:

- Examine the importance of effectively managing emotions
- Identify barriers that prevent individuals from reaching out for support
- Discover how to create an attitude of resilience
- Review how to regain control during times of uncertainty

About the Speaker:

Having persevered through his own mental health issues and substance use, Allan Kehler has learned valuable life lessons that have guided him on an incredible path of success. Allan is one of Canada's most sought-after speakers when it comes to the topic of mental health and wellness. He has stood on more than 500 stages and is the bestselling author of four books. Allan lives in Saskatoon, Saskatchewan with his wife, four boys, four dogs, and a tank of fish.

 Saskatchewan Safety Council

 /sasksafetycouncil  @SkSafetyCouncil  /company/saskatchewan-safety-council

www.sasksafety.org

1.855.280.7115

