THE CATALYST

Leveraging the National Psychological Health and Safety Standard to Meet the Challenges of 2021

Webinar Interview with Catherine Wilcox, manager of Health and Wellness at Island Health in Vancouver BC

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As we continue to navigate work and life during the COVID-19 pandemic, it can more challenging to ensure high levels of employee engagement. Using the guidance in the National Standard of Canada for Psychological Health and Safety in the Workplace can help. In this interview, Catherine Wilcox of Island Health stresses the importance of diversity and inclusion and building relationships in workplace systems as a key component of psychological health and safety. This interview Catherine explains the tremendous work that Island Health has been doing with the Standard to ensure that all workers feel supported and included. The conversation touches on activities around several key topics:

- Diversity and inclusion
- Psychological support
- Clear leadership and expectations
- Other chronic stressors as identified by workers
- Organizational culture
- Peer support
- Community support
- Civility and respect

Watch the webinar

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