



## Workplace Wellness at Home: Staying Balanced During COVID

Lunch & Learn Webinar – Thursday April 30, 2020

**ADR Atlantic Institute** offers this one-hour FREE Lunch & Learn webinar to ADR practitioners and Human Resources Professionals.

### OVERVIEW OF THE TRAINING

So many of us are struggling with our “new normal.” It can be very challenging to find a healthy balance between work & personal responsibilities while working from home.

Many of the tools and strategies we normally use to stay healthy & balanced can feel impossible to maintain during a stressful pandemic. All four of our “Pillars of Health” (food, sleep, exercise & stress management) can take a big hit, which just adds more stress to self-isolation.

What if there was actually opportunity in this crisis to strengthen those pillars?

The truth is, this is actually a great time to build some new base habits that will serve you through self-isolation and beyond. All it takes is some flexible & realistic mini strategies.

Wendy McCallum (LLB, NNCP), a Professional Coach & Corporate Wellness Expert with over 10 years of experience supporting busy executives & employees, will share some of these simple strategies in her interactive online presentation.

Wendy speaks with honesty & empathy, and always provides practical, step-by-step solutions.

**COST:** FREE

**LOCATION:** Your computer via webinar  
(you will be sent a ZOOM link the day before the webinar)

**DATE:** Thursday April 30, 2020  
Webinar – Noon to 1:00pm (Atlantic Time)

**Register at:** (use Ctrl+Click to activate link)  
[https://www.adratlantic.ca/ADRAtlantic/ADRAI\\_Events/ADRAI/Events/Events\\_List.aspx?hkey=78282acb-728c-42ea-907c-43fe822c31aa](https://www.adratlantic.ca/ADRAtlantic/ADRAI_Events/ADRAI/Events/Events_List.aspx?hkey=78282acb-728c-42ea-907c-43fe822c31aa)

**Questions:** Participants may send their questions at least 2 days prior to webinar to [shelley@hronthego.ca](mailto:shelley@hronthego.ca).

**Facilitator – Wendy McCallum, LLB, NNCP, Professional Coach & Corporate Wellness Expert**

Wendy McCallum (LLB, NNCP), a Professional Coach & Corporate Wellness Expert with over 10 years of experience supporting busy executives & employees. Wendy’s areas of expertise include:

- Mindfulness & Anxiety Management
- Stress Management Strategies
- Better Sleep Strategies
- Healthy Coping Mechanisms
- Life Balance Strategies
- Nutrition Tips
- Meal Planning Basics

Wendy  
McCallum

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