

Learning to Support Further Easing Of COVID Restrictions

Tools

To open the hyperlinks below, please right click on the hyperlink and select "Open Hyperlink".

Mental Health

Managers

- [Mental Health Commission of Canada: Manager's Toolkit – Leading in a Hybrid Work Environment](#)
- [Mental Health Job Aids for Managers on the 13 Psychosocial Factors](#)
 - [Psychosocial Factors - Introduction](#)
 - [Psychosocial Factors - Psychological and Social Support](#)
 - [Psychosocial Factors - Organizational Culture](#)
 - [Psychosocial Factors - Clear Leadership and Expectations](#)
 - [Psychosocial Factors - Civility and Respect](#)
 - [Psychosocial Factors - Psychological Competencies and Requirements](#)
 - [Psychosocial Factors - Growth and Development](#)
 - [Psychosocial Factors - Recognition and Reward](#)
 - [Psychosocial Factors - Involvement and Influence](#)
 - [Psychosocial Factors - Workload Management](#)
 - [Psychosocial Factors - Engagement](#)
 - [Psychosocial Factors - Balance](#)
 - [Psychosocial Factors - Psychological Protection](#)
 - [Psychosocial Factors - Protection of Physical Safety](#)

All Employees

- [Information on COVID-19 and mental health at work](#)
- [Mental health resources for public servants during COVID-19](#)
- [Mental health tips for working from home](#)
- [Mental health and COVID-19 for public servants: Manage psychosocial risks](#)

Occupational Health and Safety

Managers

- [Managers' Toolkit for the Suspension of the Policy on COVID-19 Vaccination for the Core Public Administration Including the Royal Canadian Mounted Police \(Policy on Vaccination\)](#)

Leadership

Managers

- [Learning Path for Executives – Job aids:](#)
 - [Tools for leading teams through change and uncertainty](#)
 - [Leading in Uncertainty: Using Uncertainty to Create the Future](#)
 - [Leading in Uncertainty: Using the Cynefin Framework to Excel as a Leader](#)
 - [Leading in Uncertainty: Activating Remote Teams](#)
 - [Leading in Uncertainty: Using the VUCA Approach](#)
 - [Leading in Uncertainty: Cultivating Agility](#)
 - [Helping People Through Transition](#)
 - [Tools for building resilience](#)
 - [Finding Opportunities in Challenging Times](#)
 - [Finding the Right Work-Life Balance](#)
 - [Mindfulness – Finding Peace in a Changing Environment](#)
 - [Resilience at Work – Building a Strong and Healthy Team](#)
 - [Mental health and COVID-19 for public servants: Supporting employees and teams](#)
 - [Guide to Leading Conversations on Systemic Racism and Racial Discrimination](#)
 - [Tools for virtual leadership](#)
 - [Leading Virtually Through Curiosity, Innovation and Learning](#)
 - [Leading Virtually by Communicating and Collaborating with Intent](#)
 - [Leading Virtually by Building Communications and Cohesion](#)
 - [Virtual Team Charter Guidelines](#)
 - [Virtual Team Toolkit](#)
 - [COVID-19: Working Remotely – Tips for Team Leaders](#)
 - [What years of teleworking have taught me: 10 Tips, "Special COVID-19 edition"](#)



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Courses

To open the hyperlinks below, please right click on the hyperlink and select "Open Hyperlink".

Mental Health

Managers

- [Resilience at Work – Building a Strong and Healthy Team \(TRN4-J09\)](#)

All Employees

- [Being a Mindful Employee](#)
- [Developing a Growth Mind-set \(TRN430\)](#)
- [Mental Health Awareness \(WMT201\)](#)
- [Unleashing Resiliency During Change \(TRN130\)](#)

Occupational Health and Safety

Managers

- [Preventing Harassment and Violence in the Workplace for Managers and Safety Committees \(WMT102\)](#)

All Employees

- [Disability Management and Workplace Wellness \(INC120\)](#)
- [Preventing Harassment and Violence in the Workplace for Employees \(WMT101\)](#)

Diversity and Inclusion

All Employees

- [Addressing Disability Inclusion and Barriers to Accessibility \(INC115\)](#)

Communication

All Employees

- [Effective Team Communication \(TRN137\)](#)
- [How to manage difficult conversations \(TRN145\)](#)
- [Navigating Challenging Situations with Diplomacy and Tact \(TRN113\)](#)
- [Organizations Change so Get Ready \(TRN435\)](#)

Leadership

Managers

- [Facing the Management Challenges of Difficult Behaviour and Diverse Teams \(TRN443\)](#)
- [Leading Through the Challenge of Change \(TRN437\)](#)
- [Leading with Courage Through Challenging Times \(LPL138\)](#)
- [Using Key Leadership Competencies to Challenge Reality \(LPL136\)](#)

All Employees

- [Leading Change in an Unpredictable World \(TRN412\)](#)
- [Leading Your Team Through Change \(TRN425\)](#)

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Resources

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Mental Health

All Employees

- [Employee Assistance Program](#)
- [Government of Canada – Mental Health Resources](#)
- [Hope for wellness Helpline](#)
- [How to choose a therapist that's right for you](#)
- [Mental Health Awareness Videos](#)
- [Mental health and COVID-19 for public servants: Supporting employees and teams](#)
- [Mental Health Continuum Self Check](#)
- [Mental Health for Life](#)
- [Mindfulness – Finding Peace in a Changing Environment](#)
- [Resilience at Work – Building a Strong and Healthy Team](#)

Diversity and Inclusion

Managers

- [Women Returning to Work](#)

Communication

All Employees

- [Communicating with Emotional Employees](#)

Leadership

Managers

- [EXecuTALK](#)
 - [Successfully Leading High-Performing Virtual Teams](#)
- [Finding Opportunities in Challenging Times](#)
- [Leadership Reflection Series](#)
- [Podcast: How to Survive as an Executive](#)
 - [Leading Remotely in a Crisis with Pablo Sobrino](#)

All Employees

- [Leadership in the Modern and Post-Pandemic Context Series](#)