

Canada's Healthy Workplace Month 2016: Everything you need to put your organization on the right track to improve employee wellness, engagement, and happiness

Join the more than 2,200 organizations that have used *Canada's Healthy Workplace Month*® as a resource hub to launch their workplace wellness initiatives, strategies, and award-winning employer-of-choice performances. What began 16 years ago as an annual October event for celebration and awareness has evolved into a year-round source of free tools, guides, support, and proven practical approaches to make great changes happen sooner in your workplace.

October is *Canada's Healthy Workplace Month*®, presented by Great-West Life and managed by Excellence Canada.

“As an organization focused on the well-being of Canadians, including our own employees, we’re delighted to continue as Presenting Sponsor of *Canada's Healthy Workplace Month*,” said Stefan Kristjanson, President and COO, Great-West Life. “There are many things each of us can do to be healthy and well at work, and we’re proud to align with Excellence Canada to promote this mindset.”

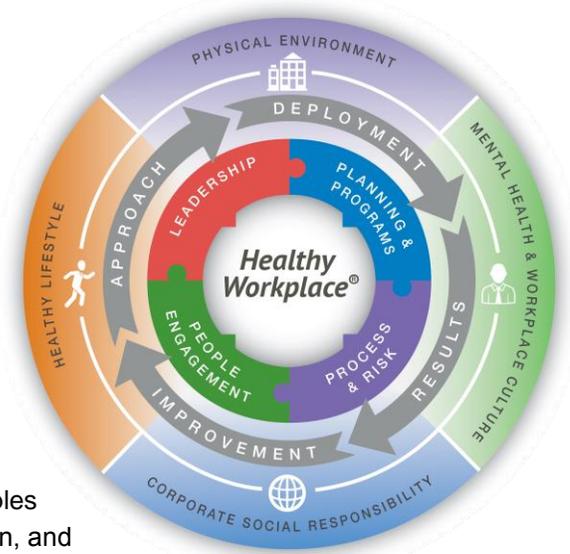
It is a time to engage coworkers in new healthy group activities and to share and celebrate past team successes. Now you can use that momentum for an energetic start on longer-term plans to continually improve the mental and physical health and safety of all employees, by using the time-tested and effective framework of the *Canada Awards for Excellence - Healthy Workplace*® Standard.

Employees and employers get healthier together

“Creating and sustaining a culture of workplace health and wellness is a shared responsibility and reward,” said Allan Ebedes, President and CEO of Excellence Canada. “October has become a nationally recognized month of heightened awareness and initiatives dedicated to the mind, body and spirit. Keeping that going all year-round requires commitment and focus by both management and staff.”

Typical outcomes of a strategic approach to cultivating a *Healthy Workplace*® environment include:

- Leadership commitment to *Healthy Workplace*® principles
- Broad team support of the organization’s vision, mission, and values
- A comprehensive planning process for *Healthy Workplace*® with measurable goals
- Alignment to the organization’s broader strategic plan, with input from all stakeholders
- Awareness and understanding of the key factors that influence employee well-being and workplace health
- Programs in place that address the clearly-defined health needs of employees
- Measured improvement in:
 - employee engagement
 - communication
 - focus on process and risk management
 - productivity by creating a happier, healthier, and more engaged workforce
- Cost reduction and profitability
- Improved customer experience
- Focus on prevention versus correction



Join online today

Visit [Canada's Healthy Workplace Month®](#) today to plan your next [healthy group activity](#), learn details of [what other organizations are doing](#), and get the tools you need to lay the foundation of a long-term plan for a safe and healthy workplace. [Join now for free](#) as an administrator/coordinator to get added tools and phone coaching.

Sponsorship

The 16th annual *Canada's Healthy Workplace Month®* is funded with great appreciation through the generous support of the following sponsoring organizations:

Presented by: Great-West Life

Champions of Excellence: Kimberly-Clark Professional, Manulife Financial, PwC, Sun Life Financial

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About Excellence Canada

Canada's Healthy Workplace Month® is managed by Excellence Canada, an independent, not-for-profit corporation that is committed to advancing organizational excellence across Canada. Since 1992, Excellence Canada has helped thousands of organizations become cultures of continuous quality improvement and world-class role models, through its four-level certification methodology including the *Excellence, Innovation and Wellness® Standard*, *Healthy Workplace® Standard*, and *Mental Health at Work® Framework*.

About Great-West Life

Great-West Life, together with London Life and Canada Life, offers a broad portfolio of financial and benefit plan solutions, and serves the financial security needs of more than 12 million people across Canada. Responsible and ethical management is an intrinsic value of the companies and is essential to long-term profitability and value creation. As an Imagine Caring Company supporting the principles of corporate citizenship and benchmarks for community investment established by Imagine Canada, the companies donate a minimum of one per cent of average pre-tax profits to non-profit, charitable and community organizations each year.

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