

# Manager / Director / VP Training

Resources -Tool -Skill	Source	Purpose/reason someone would access	How to access	Cost
Leader Development, Consulting and Coaching	Organizational Development & Transformation	Internal consultants are available to provide supports and services to individual leaders and/or teams including customized interventions, process redesign and other needs as identified through a process of negotiation, assessment, intervention and reassessment.	Mary Lloy Tel: (902) 473-5978 <a href="mailto:mary.lloy@cdha.nshealth.ca">mary.lloy@cdha.nshealth.ca</a>	CDHA resource - none
Wellness Sessions	<a href="#">Shepell-FGI</a>	Learning session for teams (minimum of 10, four weeks' notice) to help build resiliency during change. Suggested sessions include Boosting Positive Outlook, Living Well with Stress, Employee Energizer. (Provide managers with electronic catalogue)	Departments responsible to book sessions with Marianne McLeod <a href="mailto:marianne.mcleod@shepellfgi.com">marianne.mcleod@shepellfgi.com</a>	EFAP resource - none
Leader Development Learning Sessions	Organizational Development & Transformation	Leaders can benefit from development courses designed to help increase performance/competence specific to job-specific functions and Capital Health's leadership capabilities.	Mary Lloy Tel: (902) 473-5978 <a href="mailto:mary.lloy@cdha.nshealth.ca">mary.lloy@cdha.nshealth.ca</a> <a href="#">LMS registration</a> , programs are open to CDHA and IWK formal leaders.	CDHA resource - none
Supporting Teams in Transition	<a href="#">Health Association Nova Scotia - HANS</a>	Explores effects of change on people using Change Cycle model	<a href="#">Next workshop</a> February 14 Tel: (902) 832-8500	Members: Member - \$8 + HST materials fee Non-Members: \$305 + HST
Leading Through Change Workshop	<a href="#">Shepell-FGI</a> Seminars - provide electronic copy of catalogue to managers	To help managers and change leaders understand own reaction to change as well as identify tools to help staff through change.	Departments responsible for booking and emailing catalogue to managers. To arrange sessions contact: Marianne McLeod <a href="mailto:marianne.mcleod@shepellfgi.com">marianne.mcleod@shepellfgi.com</a>	Cost of session is \$1981.00 for 10-25 employees.
My Leadership for <a href="#">Frontline Leaders</a> (Employee Program)	Organizational Development & Transformation	Frontline employees have a significant impact on workplace culture which in turn influences how everyone performs. Managers can offer this development opportunity to their frontline team to: a) provide an array of practical, self-directed learning strategies to support their people and b) demonstrate their own leadership behaviors through endorsement and engagement with the program.	Managers must register their frontline employee teams in LMS for: <a href="#">Course: Classroom: My Leadership for Frontline Leaders - Employee Program</a>	CDHA resource - none

Bullying in the Workplace	<a href="#">Nova Scotia Government &amp; General Employees Union - NSGEU</a>	NSGEU offers a two-hour <a href="#">Bully-Free Workplace</a> awareness session and six-hour workshop for employees.	1-877-556-7438	NSGEU resource-none
Mental Health Tool for Managers	<a href="#">Canadian Mental Health Association</a>		<a href="#">Insights You Can Count On - A Tool for Managers</a>	Online document - resource free
<a href="#">Learning Management System (LMS)</a>	CDHA	Provides CDHA employees with online access to register for Classroom Training and eLearning Courses.	Information can be found on the <a href="#">intranet</a> : LMS - Learning Management System	CDHA resource - none

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