

OMGMA Online AGM Day 2022 – Detailed program for Thursday, December 8

<p>10:30 to 11 a.m. Eastern</p>	<p>Presentation and Q&A with Mellisa McGinnis, Senior Director, Member Services, Ontario Medical Association Learn more about OMA resources and offerings, and discuss ways that OMA can support medical office staff</p>
<p>11 to 11:10 a.m.</p>	<p>10-minute break</p>
<p>11:10 a.m. to Noon</p>	<p>The Annual General Meeting of the membership of the OMGMA Association news and financial reports, and election of the OMGMA Executive Committee</p>
<p>Noon to 12:30 p.m.</p>	<p>30-minute break</p>
<p>12:30 to 1:30 p.m. Hour 1</p> <p>1:30 to 1:45 p.m. 15-minute break</p> <p>1:45 to 2:45 p.m. Hour 2</p> <p>2:45 to 3 p.m. 15-minute break</p> <p>3 p.m. to 4 p.m. Hour 3</p>	<p><u>"Your Health Space"</u> workshop for healthcare leaders – "Space for Leaders" Your Health Space is a free workplace mental health service developed by the Canadian Mental Health Association, Ontario.</p> <p>Fostering Well-Being Through Leadership Your staff are tired, experiencing levels of occupational stress that extend beyond burnout, and are turning to you for support. This workshop is designed for people leaders, to increase confidence in supporting staff, while providing a foundation for applying the principles of Psychological Health and Safety (PH&S) in the workplace. You'll also learn effective strategies for taking care of your own health and well-being.</p> <p>Some of the learning objectives:</p> <ul style="list-style-type: none"> • Define well-being and explore the role leaders can play in fostering PH&S in the workplace • Introduce four key psychosocial factors that contribute to PH&S within a healthcare environment • Learn and apply the 3-Gear Model, designed to help leaders identify and support employees experiencing mental health challenges • Identify strategies leaders can utilize to exercise personal resiliency and wholistic wellness