



**Workplace Fairness International**  
Conflict Management Solutions

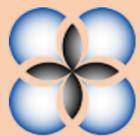
## Resiliency Training | Treena Reilkoff

Resilience isn't simply something we're born with. **It can be taught.** Research shows that how we think about the adversity in our lives has a significant impact on our success, relationships, and productivity. And since work is a common source of stress for most employees, workplace resiliency training is an effective method to:

- Equip employees to respond well to change
- Develop adaptive responses to stress – resulting in a more positive work environment
- Enhance employee well-being
- Increase productivity
- Reduce absenteeism
- Prevent feelings of burnout and low motivation
- Improve the overall state of Psychological Health and Safety



**Resilient Employees =**  
Engagement | Performance | Well-being | Profit



## Are you able to identify your Personal and Professional Resiliency Traits?



What does your **Leadership Legacy** look like during these unprecedented times?

This **50-minute lunch-and-learn** will assist your team in identifying your **innate resiliency traits** and ones you want to strengthen to support your team and promote a **safe and healthy workplace**.

**\$99 CDN + HST per person or \$89 CDN + HST for groups 5+**

*Date: May 26, 2021*

*Location: Online*

"I walked away feeling empowered, educated and have tools to help me get through those tough times."

*- Office of the PCO, Treasury Board of Canada Secretariat*

### Well-Being

**30% lower scores on the perceived stress scale**

**5X the likelihood of good health**

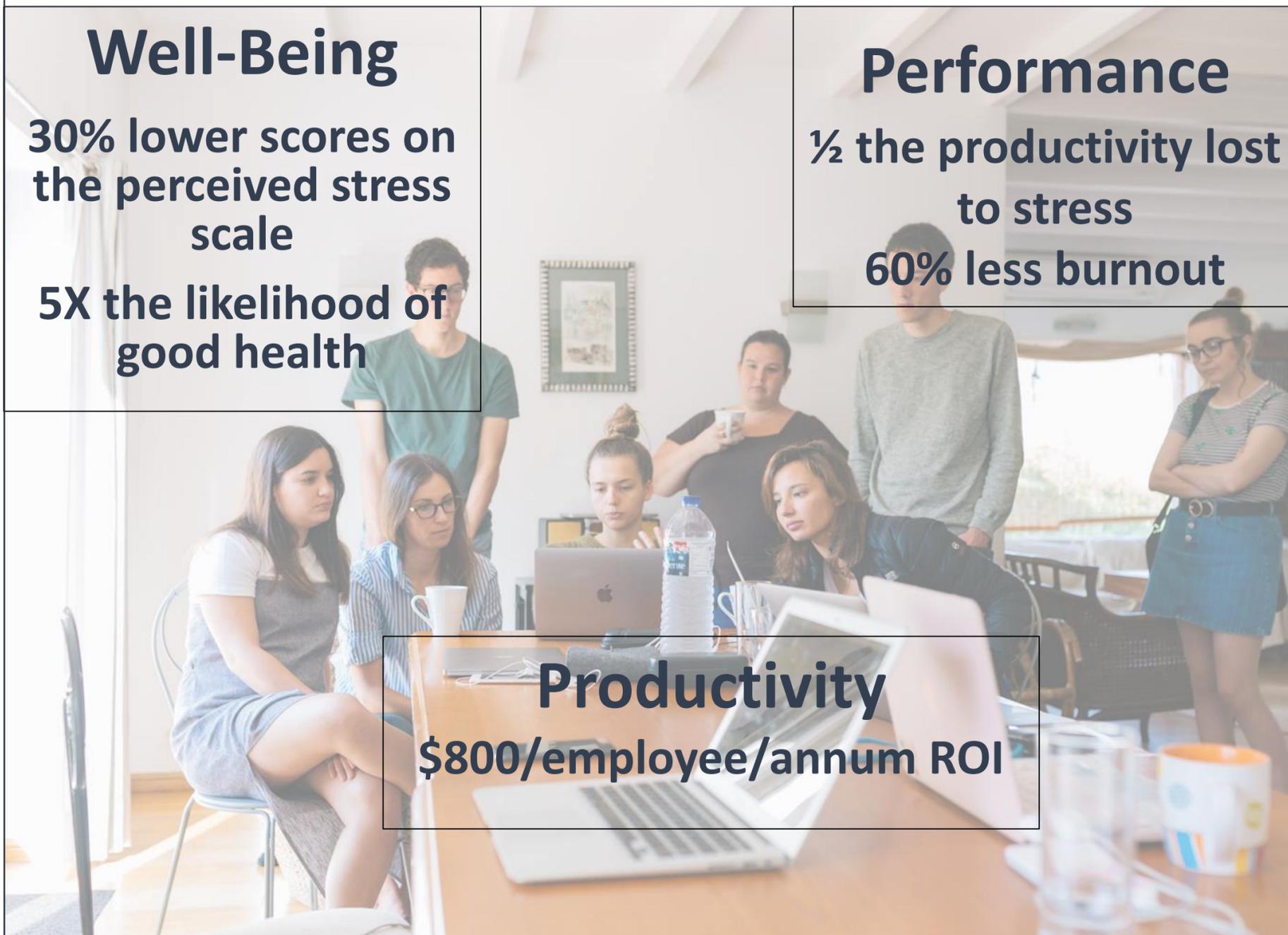
### Performance

**½ the productivity lost to stress**

**60% less burnout**

### Productivity

**\$800/employee/annum ROI**



# About Treena

**Treena Reilkoff** is a certified Resiliency trainer with experience in trauma informed practices and promoting strategies for optimizing resiliency. Her professional background is diverse and includes working in the fields of mental health, behavioural analysis, corrections, ADR and social work. She brings 25+ years experience providing services to persons and groups who have experienced trauma, in diverse, complex and high-risk environments.

Having served organizations across Canada (government, correctional facilities, schools, hospitals, sporting organizations, indigenous communities) by providing critical incident stress management, employee assistance, occupational health and safety consulting, and union leadership, Treena possesses deep insight into the nature of resiliency.



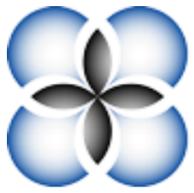
*"Treena is an authentic, motivating speaker, who in a short period of time helped me recognize my own innate resiliency strengths and traits, that I know I can resort to in times of great stress and uncertainty."*

## *Qualifications*

*Certified Resiliency Trainer, Psychological Health & Safety Advisor (Canada Mental Health Association) Certified Therapist (Solution Focused Therapy and Cognitive Behavioral Therapy) Certified in Critical Incident Stress Management | Qualified Mediator (ADR Institute of Canada) | Executive Certificate in Conflict Management | (Stitt Feld Handy Group & Windsor Law School) | Certified Workplace Fairness Analyst B.A. (Criminology, Psychology) | B.S.W. (Clinical / Forensic Mental Health)*

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**RESILIENCY. WE TEACH IT. YOU CAN LEARN IT.**



**Workplace Fairness International** was founded by Blaine Donais, Canada's preeminent expert in Workplace Fairness consulting.

The WFI system incorporates Blaine's 25 years of experience – in labour law, labour/management negotiation, mediation-arbitration, and workplace conflict facilitation; as a professor of law and alternative dispute resolution in top Canadian universities including the University of Toronto; and as a trainer of Human Resources professionals and others in Human Rights, Labour and Employment Law – into a unified, clear system for diagnosing and resolving conflict within complex organizations.

The WFI team has consulted on a range of projects that include the US Federal Government; Canadian Federal, provincial and municipal governments; large international private sector firms such as Honeywell and Siemens; non-profit organizations; and primary, secondary and tertiary educational institutions.

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*"Treena, I would like to sincerely thank you. During this unprecedented time we are facing pressures and stressors that are testing our resiliency. Your presentation offered invaluable and timely insights, tips and techniques to identify our resiliency traits and to further develop our skills."*

-Laura Storrie, Senior Communications Advisor,  
Department of Justice Canada

### Other services:

Respectful Workplace Training | Unconscious Bias Training  
Inclusion & Diversity Training | Conflict Coaching  
Psychological Health & Safety Assessment  
Trauma Informed Mediation | | Workplace Restoration