Anneke Baker

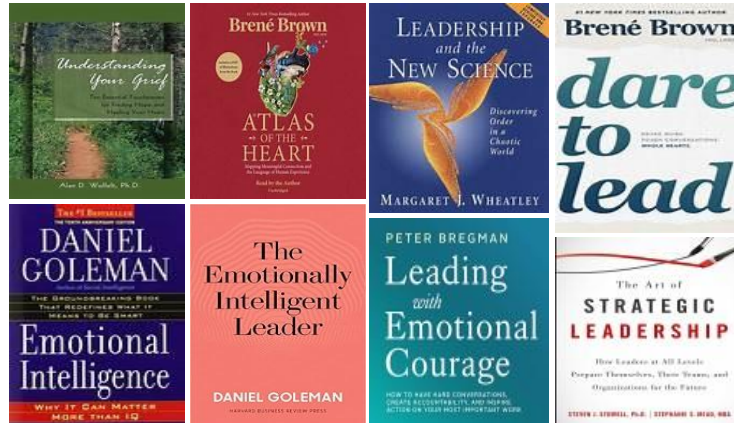Contact: 403.928.5564– abkintegral@gmail.com

ABK Integral Resources Inc.

✓ **Specialization in Leadership in Human Service Organizations.**

✓ **Focusing on Workplace Wellbeing and creating a strong and healthy workforce.**

✓ **Tailor made workshops for your organizational needs on a variety of topics.**

Canadian Institute of Workplace Harassment and Violence

CANADIAN INSTITUTE OF
WORKPLACE BULLYING RESOURCES

- Specialized Trainer
- Psychoeducation
- Critical Incident Debriefing
- Crisis intervention
- Grief and Loss
- Consultant
- Coach

www.workplaceharassment.com

Books

Understanding Your Grief — Alan D. Wolfelt, Ph.D.

Brené Brown — ATLAS OF THE HEART

LEADERSHIP and the NEW SCIENCE — Discovering Order in a Chaotic World — MARGARET J. WHEATLEY

Brené Brown — dare to lead

DANIEL GOLEMAN — Emotional Intelligence — Why It Can Matter More Than IQ

The Emotionally Intelligent Leader — DANIEL GOLEMAN

PETER BREGMAN — Leading with Emotional Courage

The Art of STRATEGIC LEADERSHIP

Additional Resources for Personal Growth

About Dr. Alan Wolfelt Center for Loss & Life Transition
https://www.centerforloss.com/about-the-centerfor-loss/about-dr-alanwolfelt/
- The site covers topics of different circumstances such as loss due to suicide and working through grief.
- Mourner Rights

Canadian Mental Health Association https://cmha.ca/
- Covers a variety of topics around trauma, grief and loss

- https://www.verywellmind.com/what-is-the-fight-or-flight-response-2795194
  - Self improvement, stress management, mental health and podcasts

Choosing Therapy https://www.choosingtherapy.com
- Provides information about mental health and treatment options

Training/Courses and Webinars:
- https://ca.ctrinstitute.com/
- https://ca.achievecentre.com/free-webinar/
- https://www.inftrauma.org

Resources

- **SafeCare BC - Safety and Support: Responding to Critical Incidents in the Workplace Supplementary Resources which include:**

- EAP trauma services

- Helpguide.org - https://www.helpguide.org/articles/ptsd-trauma/traumaticstress.htm

MRT
MOBILE RESPONSE TEAM
Frontline Psychosocial Support

Resource

- **The Mobile Response Team (MRT)** is a provincial outreach team that provides short -term psychosocial support to frontline workers, first responders and workers with lived/living experience who are impacted by public health emergencies. Services are confidential and at no cost.   Funded by the Ministry of Health, MRT is part of Health Emergency Management BC under the Provincial Health Services Authority.

- MRT offers short -term psychosocial support to those who have been impacted by cumulative stress, critical incidents, and challenging workplace experiences such as drug poisonings, deaths and COVID   -19 outbreaks.   MRT's focus is to support overall wellbeing through enhancing internal capacity and resiliency, supporting the empowerment of workers to help themselves and each other through the continued development of skills, knowledge and team practices.

- MRT Services are offered in person, via telephone, and virtually, and include:
  - **Crisis intervention**
  - **Agency consultation**
  - **Wellbeing check ins**
  - **Individual and group support**
  - **Resource and service navigation**
  - **Workshops, presentations and webinars**
  - **Wellness activities**
  - **Provincial networking**