



Psychological Health & Safety

7 Hours Offered In-Person

Course Overview

\$265

Research shows that workplaces that support psychological health and safety can reduce related costs by 15 to 33 per cent. Creating a safe environment is a shared responsibility. Individuals contribute by caring for their own well-being, and workplaces support this through clear policies and practices.

This course introduces key concepts in personal mental health and workplace psychological safety to help participants make informed, healthy choices.

In this one-day workshop, participants will learn to:

- Understand the basics of personal mental health
- Recognize what psychological workplace safety is and why it matters
- Identify factors that influence well-being
- Explore assessment and action strategies
- Involve the right people in workplace initiatives
- Consider approaches to ongoing evaluation

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2026S CECX 130 101

February 13, 2026

Friday | 8:30am - 4:00pm

Registration recommended by

Thursday, February 5, 2026.

Prince George Campus

Please register before the recommended date as courses under-enrolled as of this date may be cancelled. Registrations after this date will be accepted if space is available.

Ready to Register?

[Request for Registration](#)
and/or [Sponsor an Employee Form](#)

FOR MORE INFORMATION:

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