

Staying afloat during turbulent times

It has never been MORE important to learn the importance of understanding mental health and illness, both personally and professionally, along with destigmatizing a previously taboo topic. The pandemic, regulatory changes, financial insecurity, and our world not looking quite the same as it has in the past are taking a toll on everyone's mental health. As a trusted partner to your clients, it is vitally important to elevate your awareness of the impact that mental health, or lack thereof, has on you personally and professionally.

By the end of the session, you will be able to:

- Identify the difference between mental health and mental illness,
- Recognize the “signs” that things may not be ok, and
- Understand the role you play in keeping your clients and their investments safe

The following outlines the session in further detail.

Section	Description
Introduction	
Laying the foundation	This section will address the difference between mental health and mental illness.
Sign, signs, everywhere there are signs	In this section, we will look at the common signs that individuals may exhibit.
What is my part in this?	What happens when your client isn't well?
Tips from a shrink	How do you ask sensitive questions to your clients, colleagues, and family?
Q & A	This is an open forum for participants to ask questions.
Wrap up	Dynamic adjourns the session.

This course qualifies for 1 CP/PD with IIROC.