



Building Your **FLEX:** Emotional Muscle

October 2015

Letter from the President

NLCPA Members and Community Partners,

Welcome to the 2015 NLCPA Conference and AGM!

We are really excited about this year's conference. Our theme is an empowering one – **FLEX: Building Your Emotional Muscle.**

During these times of 'stress-prone lifestyles' and fast-paced workplaces, it has never been more important to understand and embrace the vital importance of our emotional states, our outlook and our self-care.

Last year, we focused on the mind-body connection and the critical role our emotions play in our physical health. Dr. Gabor Maté shared with us how emotional stress undermines our immunity thereby preparing the body for disease. Strong evidence suggests that hidden and chronic stress is a predisposing factor in nearly all chronic conditions and autoimmune disorders. We also heard from Stephane Grenier, a veteran and mental health advocate who coined the term "Occupational Stress Injury". He highlighted the fact that mental health problems are now the leading cause of both short and long-term disability claims in the workplace. He is working with industry to improve the workplace 'norm' by strategically improving systemic wellness and re-humanizing the workplace for long-term sustainability, increased productivity and balanced budgets.

This year, Dr. Danie Beaulieu will guide us in developing a better understanding of how we can strengthen our emotional intelligence. She will show us how we can use the principles of emotional intelligence to empower our students (and ourselves!) to take greater control, improve resiliency in these challenging times and proudly flex their emotional muscles! In the course of the two days with Danie, delegates

will undoubtedly fill their professional toolkit with many new strategies to use in their daily work with students. Delegates will also gain insights into improving their own resiliency, and

commitment to self-care. The pre-conference session with Judy Furlong-Mallard, in addition to our many guest speakers at the Conversation Café, will also share practical strategies for our daily work, along with a wealth of information on relevant topics and services. We will close with the inspirational 'Wolf of Wellness' Carl George who will share a practical toolkit on healthy living that will help us to unleash our full potential!

Planning a provincial conference, especially while actively advocating for positive change in our system, requires a strong commitment by all Executive members. You will be pleased to know that you are represented by an executive that has been committed to raising your profile, representing your concerns and planning for a super conference! Boyd, Tamar, Craig, Jill, Glenda, and Peggy – I thank you all for your hard work. This conference will see Past President, Peggy Hann stepping down from the executive. I wish to thank her for her many years of dedicated service to our Association. Her contribution has been invaluable.

On behalf of the executive, thank you for your continued support and for making this conference a success.

We wish you an incredible conference. Enjoy fully the learning and networking!

Angie Wilmott
President
NLCPA

