MAY 27, 2022
CAO ONE-DAY EVENT:
MENTAL WELLNESS

Virtual or Satellite Locations via Zoom

CAOs are faced with significant stressors at the best of times; the pandemic, natural disasters, and other challenges in recent years have only exacerbated the complexity of the role of CAOs. CAOs, now more than ever, are faced with unrelenting stressors coupled with issues that they must manage, but often do not have full control over. Such pressures are further compounded by the requirement to juggle the needs of elected officials, the public, and staff. CAOs need to normalize drawing on supports and modelling vulnerability with resiliency, for themselves as well as for their staff.

The LGMA and the CAO Advisory Committee identified the need for a specialized leadership event focused on cultivating mental wellness, specific to the unique and often challenging experiences of leaders in local government.

REGISTRATION DEADLINE
May 20, 2022

Registration is limited to CAOs, appointed Deputy CAOs and Executive Director CEOs of Affiliate Members

CAO Forum sessions can be used towards Continuous Professional Learning credits

Rates until May 20:
$300 + GST   LGMA Member
$350 + GST   Non-Member

Cancellations

Cancellations are accepted without penalty before May 20, 2022

No refunds after May 20

Participants can attend at a Regional Satellite location or virtually by Zoom.

Regional locations confirmed:
Chilliwack, BC
Prince George, BC
Trail, BC

contact office@lgma.ca if you want to host a satellite location

Register Online

before May 30
Enjoy a chance to connect with your peers while Candace Witkowskyj, Executive Director of the LGMA welcome you to kick off a unique, virtual forum on CAO Mental Wellness. Take some time to connect with peers, catch up with old friends, and network with other CAOs from around the province.

**8:00 – 8:30 AM**  
**Welcome**

As CAOs, you must make difficult decisions and lead through crisis all while juggling conflicting demands, managing staff, working with your Council/Board, and somehow manage to have a somewhat functional personal life. Learn from fellow CAOs how to manage these stressors and strengthen your supports in this important, informative session.

**8:30-10:15 AM**  
**IT’S LONELY AT THE TOP: MANAGING THE STRESSES OF LOCAL GOVERNMENT LEADERSHIP (livestream)**

Panelists:  
Dean McKinley, CAO, Sunshine Coast Regional District  
Ron Poole, Principal Consultant, Ron Poole Consulting  
Wendy Hunt, CAO, District of New Hazelton

Mental health is a more common discussion point these days, with the rise of information available on the internet and through social media, the impact of COVID-19, and an overall shift as we collectively push back against the stigma around discussing our mental wellbeing. But what do you do if your new awareness of mental health has left you feeling like “now what?” In this important and interactive session, Sara Wegwitz will share easy to use and practical strategies to give your brain a break, identify how to create a roadmap back to wellness and where to turn for help along the way.

**10:30 AM – 12:15 PM**  
**I’M BURNT OUT – NOW WHAT?**

Presenter:  
Sara Wegwitz, RN, BSN, ECPC, Registered Nurse | Resiliency Educator | Health and Wellness Training Facilitator

As participants will be attending in-person at various regional pods around the province or electronically via Zoom, participants are encouraged to bring their own bagged lunch or support local businesses with their peers.
1:15 – 3:00 PM  CULTIVATING MENTAL WELLNESS IN THE WORKPLACE (Virtual)

Presenters: Mike Roberts, Executive Director, BCMSA
Dr. Joti Samra, CEO & Founder, MyWorkplaceHealth

A psychologically healthy and safe workplace promotes the psychological well-being of employees and prevents harm to their mental health in negligent, reckless and intentional ways. A psychological health and safety workplace also supports business continuity. This interactive session will review the business, legal and health cases of psychological health and safety, with take aways for local government.

3:00 PM  CLOSING REMARKS

LGMA’s Executive Director, Candace Witkowskyj, will provide closing remarks to wrap-up the day’s events.

CAO FORUM PROGRAM ADVISORY COMMITTEE

The program was designed with the input of experienced local government practitioners. LGMA wishes to thank the following people:

Kris Boland, CAO, City of Terrace
Jeremy Denegar, CAO, District of Lillooet
Pete Nelson-Smith, CAO, Town of Port McNeill

Gerald Pinchbeck, CAO, District of Vanderhoof
Trevor Seibel, CAO, District of Coldstream
Lou Varela, CAO, Town of Qualicum