

# Co-existing with COVID-19: Team sessions

Co-existing with COVID-19 Team Sessions are a service that leaders can request to bring their teams together.

Options for these one hour facilitated sessions include:

- Topic-specific learning + interactive facilitated format
- Facilitated open-ended format that allows staff to reflect on their current experiences and explore strategies for co-existing with COVID-19

Facilitators have training and expertise in psychological health and safety aspects of the workplace.



Over 500 PHSA staff, from around the province, participated in “Coping with COVID-19” team sessions during March, April and May. We are transitioning from those sessions to “Co-existing with COVID-19” team sessions. Our Coping with COVID-19 sessions received a 4.1/5 rating for helpfulness!

## Book your team session now!

Email [psychhealthsafety@phsa.ca](mailto:psychhealthsafety@phsa.ca) to book a session for your team.

- ▶ Coping with Uncertainty
- ▶ Team Connection and Communication
- ▶ Trauma Informed Practice: Caring during COVID-19.
- ▶ Open-ended Co-existing with COVID-19 facilitated team check-in
- ▶ Or a specific topic requested by your team – contact Theresa Newlove [tnewlove@cw.bc.ca](mailto:tnewlove@cw.bc.ca)

## Feedback we've heard

*I liked that PHSA Management considered it important that regular staff (support) should be checked on and checked in with to make sure we are coping okay.*

*The opportunity for staff to be heard/validated, to share their experience and to know that they are not alone. I really appreciated the variety of insight from each facilitator. Looking forward to getting some team building exercises going!!*

*Listening to other people share challenges and things that are going well. It felt like a pause in the chaos to just acknowledge feelings and uncertainties.*