

Digital Catalogue

2023







Contents

CONTENTS	3
WHO WE ARE	5
COURSES	6
Chronic Illness and Employment	6
Chronic Pain	6
Disability and the Workplace	6
Disruption in the Workplace	7
Diversity and Inclusion	7
Future of Work	8
Human Resources/Labour Relations	8
Leadership	8
Mental Health	9
Occupational Health and Safety	9
Psychosocial Factors in the Workplace	10
Return to Work	10
ADDITIONAL RESOURCES	11
Workistic App	11
Work Wellness Institute Resource Portal	11
Thoughts to Inspire	11
Infographics	11
French Resources	11



Who We Are

Our goal is to lead evidence-informed change through continued collaborative work with partners across academia, industry, government, and the community.

Founded in 1985, the Work Wellness Institute is committed to a core vision of turning research into practice, conducting and supporting global research, and mobilizing knowledge that positively impacts workplace health practices.



What We Offer

The Work Wellness Institute continuously creates a range of educational tools based on industry leading research and subject matter expertise to help employees and organizations face workplace challenges and promote work wellness.

Whether you are a leader, a professional, an academic or a student, explore a variety of high quality resources that are evidence-based, topical and relevant to all industries.

Become a Member

Your membership fees contribute to the expansion of our ongoing and new research projects which result in actionable steps that improve workplace wellness.

Annual Membership Includes:

- 350+ Lectures on Demand
- 18 e-Courses
- New monthly research-based Lectures
- Accreditation opportunities across numerous topics

- Discounts for virtual conferences
- Ability to learn actionable new skills based on trusted research
- **Members only Work Wellness Institute Certifications:**
 - > Leadership
 - > Inclusivity Recruitment & Retention
 - > Ambassador

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CHRONIC ILLNESS AND EMPLOYMENT

Arthritis and the Workplace

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Employees Diagnosed with Cancer: Current Perspectives and Future Directions

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Employers' Management of Employees Affected by Cancer

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Exercise Management for Chronic Fatigue Syndrome: The Evidence and Current Approaches

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Improving Work Outcomes in Patients with Musculoskeletal Pain-Effectiveness and Costs of a Vocational Advice Service

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Mindfulness for Cancer Survivors Living with Chronic Neuropathic Pain

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Multiple Sclerosis & Employment: The Importance of Individual Factors

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Multiple Sclerosis and Work: Individual Factors Impacting Employment Status

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Supporting the Labour Market Participation of Millennial Young Adults with Chronic Episodic Health Conditions

LECTURE-ON-DEMAND

What Could Improve Work Sustainability for People with Heart Disease?

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Work Outcomes in Self-Employed Cancer Survivors

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CHRONIC PAIN

Introducing Interventions into the Chaotic Construction Environment

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Is Exercising with Chronic Pain as Easy as "Just do it"?

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Migraine and Other Headaches at Work

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Mindfulness, Emotions, and Pain Treatment

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Mindfulness-Based Cognitive Therapy for Chronic Pain

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New Strategies for Couples Coping with Chronic Pain

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Out-Thinking Pain: How the Mind Can Control Pain

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Pain and Therapeutic Movement: Is a Paradigm Shift Required?

LECTURE-ON-DEMAND

Prevention of Musculoskeletal Disorders: The Need for Change

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Understanding Fear-Avoidance Beliefs and Chronic Pain

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Why is My Pain Getting Worse? Central Sensitization Diagnosis and Management

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Work Remains Meaningful Despite Time Out of the Workplace & Chronic Pain

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Working Through Pain: How Can We Address Chronic Pain at Work?

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DISABILITY AND THE WORKPLACE

A Practical Toolkit For Developing Workplace Disability Policies (animated)

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Dementia Symptoms While in Paid Employment: Impact on Occupational Competence and Occupational Participation

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Disability through a Native American Lens

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Experience of Employees with Disabilities

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Financial Incentives for Hiring People with Disabilities

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How to Continue to Support Employees who Return to Work after Recovering from Illness/Injury

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Inflammatory Bowel Disease and Workplace Disability, What Employers and Employees Should Know

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Influence of Significant Others on Work Participation of Individuals with Chronic Diseases

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New Opportunities for People With Disabilities Post COVID-19

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Part 1: Best Practices for Disability Management in the Workplace

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Part 2: Best Practices for Disability Management in the Workplace

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Successful Return to Work for Cancer Survivors

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Supporting Dementia in the Workplace

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Workplace Disability Accessibility and Accommodation: The Role of HR Professionals

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DISRUPTION IN THE WORKPLACE

Accessible Workplaces During COVID-19

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Continuing to Work from Home Amidst COVID-19

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COVID-19: Challenges of Returning to Work or Staying at Work During a Pandemic

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Presenteeism, Psychological Health and Workplace Performance During the Pandemic

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Return to Work & Inclusive Design: COVID-19 & Beyond

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DIVERSITY AND INCLUSION

Building Inclusive Practices to Support Retention in the Workplace

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Building Inclusive Recruitment Practices

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Building Workplaces Where Neurodivergent Workers Thrive

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Disability-Inclusive Employer Practices and Hiring of Individuals with Disabilities

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Equity, Diversity and Inclusion in Wellbeing and Mindfulness

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Equity, Diversity, and Inclusion: The First Steps to Creating Collaborative, Innovative and Resilient Workplaces

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LGBTQ+ (2SLGBTQIA+ in Canada) Inclusion at Work

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Menopause in the Workplace

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Men's Preferences for Workplace Health Promotion Programs and the Effectiveness of Tailored Approaches

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Perceptions of Barriers and Facilitators for Individuals with Autism in Job Interviews

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Social Stigma in the Workplace During COVID-19

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The Case for Hiring People with Disabilities in the Workplace-What are the Myths and what does the Research Show

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The Impact of COVID-19 on Inequalities & Work

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The Impacts of Language Barriers on the Return-to-Work Experience

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Understanding Gender Differences in Work-Related Health Outcomes

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Untap Talent: Addressing the Gaps in the Labour Market

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FUTURE OF WORK

Building a Workplace to Support Aging Workers

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Creating a Supportive Work Environment for Employees who Work From Home and Remote Workers

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Implementing Flexible Working Practices

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Keeping the Boom(ers) in the Labour Market: Can Existing Workplace Policies and Accommodations make a Difference?

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Navigating the Hybrid Workplace

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The Impact of Technology on Worker Wellbeing

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The Purpose and Aims of the 4-Day Week

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Worker Wellbeing and the Gig Economy

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HUMAN RESOURCES/LABOUR RELATIONS

Absence Management Exploring Psychosocial Hazards in the Workplace

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Connecting the Dots: Optimizing Human Capital Investments for Better Business Performance

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Dogs in the Workplace: Benefits and Potential Challenges

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Employee Legal Rights During COVID-19

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How to Develop Inclusive Onboarding and Training Practices

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Measuring the Effect of Workers' Health on Work Productivity

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Small Business and Employee Health: The Small+Safe+Well Study

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Supporting Disclosure of Mental Health Conditions in Evolving Work Environments

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Workers' Compensation Challenges for the Mobile Workforce: Policy and Practice in Canadian Jurisdictions

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LEADERSHIP

Building a Workplace Peer Support Program: Getting Started

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Building Resilience for Leaders and Organizations

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Change Leadership

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Character Matters: Positive Psychology Applied to Leadership

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Communicating Your Research

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Effective Mentoring Practices for the Workplace Job Coach

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Emotional Intelligence: How Can We Improve Workplace Culture and Resilience?

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Employee Wellbeing: How Managers Inspire, Facilitate and Support Employee Caring Activities

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Impactful Leadership in the Post Pandemic Workplace

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Improving Communication in the Workplace

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Leadership in the Digital Environment

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Leveraging Your Authentic Leadership Style to Cultivate Team Effectiveness

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Post-Pandemic Leader: Essentials for Managing in the Hybrid Workplace

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Successful Leadership During COVID-19: Supporting Remote Teams

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Supporting Employee Well-being through Strategic Leadership

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The Role Leadership Plays in Post-Pandemic Workplace

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MENTAL HEALTH

An e-mental Health Intervention for Indigenous Workers

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Depression Prevention in the Workplace: What the Research Shows about Interventions that Work

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Healthy Minds for Working Men: Early Identification and Prevention of Major Depression in Male Workers

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Listening For Direction: The Development and Optimization of Workplace Mental Wellness Programs For Men

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Managing Depression in the Workplace-Bridging Research and Practice

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Managing Low Mood and Motivation and Supporting Positive Mindset While Working Remotely

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Mental Health in a Safety Conscious Workplace

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Organizational Stress and Wellbeing Interventions

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Positive Psychology and Work Stress: When Stressors Make you Grow

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Prevention Of Depression At Work: Creating Mentally Healthy Workplaces

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Stress Management

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Supporting Disclosure and Addressing Burnout

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The Costs and Benefits of Recruiting and Retaining People with Mental Illness

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The Working Mind: Workplace Mental Health and Mental Illness Stigma

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Workplace Positive Psychology Exercises: An Evidence-Based Guide to Implementation

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OCCUPATIONAL HEALTH AND SAFETY

A Total Worker Health® Intervention on Commercial Construction Sites

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Able Or Unable To Work? Life Trajectory After Severe Occupational Injury

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Cannabis in the Workplace: Use and Norms Among Canadian Employees

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Examining Social Networks in Workplace Safety and Health: Why and How?

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Immigrant Workers: Using Drawings to Convey Health and Safety Messages

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Integrated Strategies For Worker Safety And Health: A Conceptual Model For Intervention and Research

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Interventions for Preventing Workplace Bullying

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Measuring Best Practices for Workplace Safety, Health, and Well-Being: The Worksite Integrated Safety and Health Assessment

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Motivational Interviewing Complements Work Rehabilitation Practice With Injured Workers

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Occupational Health and Safety Vulnerability of Recent Immigrants and Refugees

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Office Spatial Design

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Organizational and Individual Intervention Methods that Improved Total Worker Health® for Constriction Workers

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Support Workers to Sit Less and Move More: The BeUpstanding Program

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The Role of the Workplace in Promoting or Hindering Physical Activity Outside of Work

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Towards the Prevention of Workplace Bullying: Evaluation of the Impact of a National Intervention

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Weaving Health, Safety and Wellbeing into the Fabric of your Organization

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Whole-Body Vibration Exposure in Construction: Examining Acute Effects, Guidelines, and Risk Mitigation Strategies to Prevent MSD and Injuries

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PSYCHOSOCIAL FACTORS IN THE WORKPLACE

Creating Psychological Health and Safety at Work

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Employee Wellbeing Interventions: What does the Science Show Actually Works

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Fragile Synchronicities: Families, Mobility, Work Scheduling and Precarious Employment

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Partnering to Prevent Workplace Bullying and Mistreatment Using International and Integrative Perspectives

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Supporting Workers with Long-Covid

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The Critical Importance of Cultivating Psychologically Healthy & Safe Work Environments

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The Interrelation Between Psychological Safety and Building Productive, Inclusive and Healthy Workplaces

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Understanding Conflict in the Workplace

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Wellbeing and the Social Environment of Work

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What are the Consequences of Sickness Presenteeism and Sickness Absence on Employee Health and Wellbeing?

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Work and Health

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RETURN TO WORK

Factors Affecting Return to Work After Injury or Illness

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Helping Doctors Make Better Decisions in the Stay at Work and Return to Work Process

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How can Supervisors Contribute to the Return to Work of Employees who Have Experienced Depression

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How do we Improve Communication and Collaboration in Return to Work

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iCanWork Research

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Implications of an Aging Workforce: Work Injury, Recovery, Returning to Work and Remaining at Work

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Measuring Return to Work

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Occupational Disease and Return to Work - Strategies for Success

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Return to Work: A Broad Picture

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The Experiences of Workers who do not Successfully Return to Work Following a Work-Related Injury

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Thriving at Work after Sickness Absence

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Traumatic Brain Injury, Sleep Disorders and Return to Work

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Vocational Rehabilitation: An International Perspective

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WORKISTIC APP >

The Workistic app is a tool that can be used anywhere by anyone to learn and stay informed about workplace wellness through evidence-informed resources.

WORK WELLNESS INSTITUTE RESOURCE PORTAL >

The Work Wellness Institute Portal is a free centralized hub of the latest and high-quality research and resources related to work wellness selected by the Work Wellness Institute and peer-reviewed by experts in the field.

THOUGHTS TO INSPIRE >

The Work Wellness Institute *Thoughts to Inspire* series brings together subject matter experts across sectors who present evidence-informed, thought-provoking ideas and approaches; inviting conversation and bringing attention to the most pivotal and timely workplace wellness topics.

INFOGRAPHICS >

Browse the Work Wellness Institute Infographic library for downloadable evidence-informed resources on workplace wellness.

FRENCH RESOURCES >

As a national organization the Work Wellness Institute is committed to providing resources in both official languages.



Work Wellness Institute
L'institut de bien-être au travail

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