

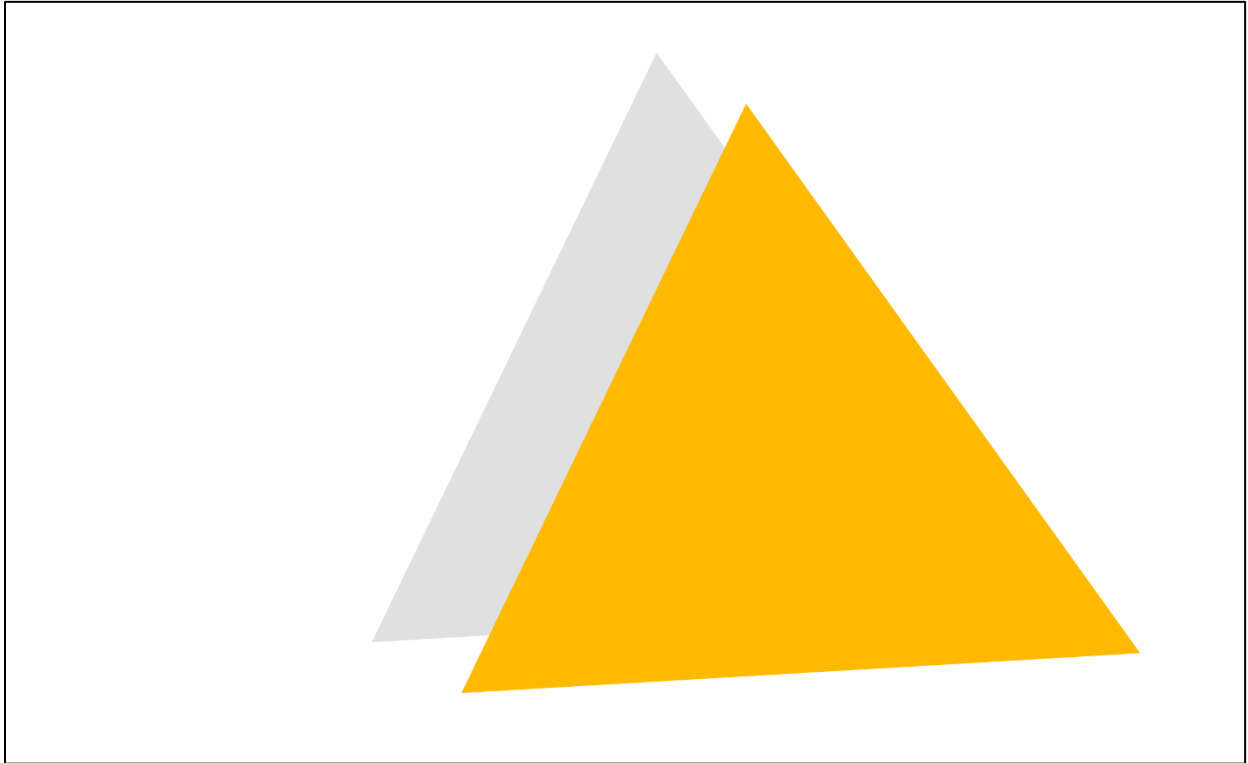


Facilitator Guide: Wellness

Prioritize health and balance through the employment journey. This dimension covers defining and exploring wellness, maintaining work-life balance, and identifying and reaching out to support systems.

Contents

Module: Understanding Wellness	3
Module: Fostering Wellness	9
Module: Creating a Wellness Plan	15
Module: Connecting Wellness to Employment	21
Module: Seeking and Offering Support.....	27



Module: Understanding Wellness

Overview

This module covers the fundamental concepts of wellness using the wellness wheel. It includes exploring each aspect of the wheel, understanding the balance between them, and reflecting on personal well-being.

Objective

This module supports youth with disabilities in building the knowledge, skills, and tools to identify different aspects of wellness and reflect on their current well-being using the wellness wheel.

This Guide

This facilitator guide provides an outline for running an employment learning workshop or lesson for youth with disabilities based on the **Understanding Wellness module** in the **Wellness workbook**. It highlights key points from the module in a structured and practical way, offering step-by-step instructions for group activities and discussion.

This stand-alone guide is ready to use, but it does not cover the entire module. For full module learning, additional activities, and more examples, we recommend providing participants with the **Wellness workbook** at the end of your workshop/lesson. Find the workbook in the downloads section at canworkbc.ca/downloads.

Facilitator Considerations

- Consider facilitating open discussions about how wellness impacts learning and growth in the employment journey.

Facilitation Plan	
10 minutes	Introduction
20 minutes	Activity
10 minutes	Reflection
10 minutes	Discussion

Introduction (10 minutes)

Introduce participants to the content:

- Share that wellness is about more than physical or mental health alone. It's about balancing all aspects of your well-being, including emotional, social and financial health to feel your best.
- Explain that it's important to understand the entirety of wellness and what it looks like for you to make intentional choices that support a healthy and fulfilling life, both in and out of the workplace.
- Ask participants to take a moment to think about some areas of wellness that they already know about and share ideas with the group.

Activity (20 minutes)

See pages 7–57 of the **Wellness workbook** for additional content related to this activity.

Before the Activity

Gather the following materials:

- Wellness Wheel resource (see pages 9–12 in the **Wellness workbook**).
- Pens and paper to take notes.

During the Activity

Have participants complete the following:

- Explore the Wellness Wheel resource and read about each part of wellness.
- Reflect on what each dimension of wellness looks like in their own life and how it might connect to employment.

Reflection (10 minutes)

Ask participants to reflect on a few of the following questions:

- Which dimensions of wellness do you feel strongest in?
- How does your well-being in each dimension impact your employment journey?
- What areas could you focus more attention on to improve your overall wellness?

Discussion (10 minutes)

Bring the group back together and invite participants to share:

- Their thoughts on one or more of the questions.
- The next step they will take to use what they learned.

Additional Learning

At the end of the session, encourage participants to explore the workbook to reinforce what they've learned and keep going with more! Check out the **Understanding Wellness module** in the **Wellness workbook**. Find the workbook in the downloads section at canworkbc.ca/downloads.

You can also share **CanWork BC** youth tool, a virtual employment support tool that offers this learning in an engaging way. It's a great resource for youth to explore at their own pace, providing support throughout every step of their employment journey. Check out the youth tool at portal.canworkbc.ca.



Module: Fostering Wellness

Overview

This module covers promoting personal well-being by exploring thoughts, feelings, and actions, including strategies for fostering wellness in each of these areas.

Objective

This module supports youth with disabilities in building the knowledge, skills, and tools to recognize and promote thoughts, emotions, and actions that foster personal well-being.

This Guide

This facilitator guide provides an outline for running an employment learning workshop or lesson for youth with disabilities based on the **Fostering Wellness module** in the **Wellness workbook**. It highlights key points from the module in a structured and practical way, offering step-by-step instructions for group activities and discussion.

This stand-alone guide is ready to use, but it does not cover the entire module. For full module learning, additional activities, and more examples, we recommend providing participants with the **Wellness workbook** at the end of your workshop/lesson. Find the workbook in the downloads section at canworkbc.ca/downloads.

Facilitator Considerations

- Consider offering support for implementing wellness strategies in workplace settings.

Facilitation Plan	
10 minutes	Introduction
20 minutes	Activity
10 minutes	Reflection
10 minutes	Discussion

Introduction (10 minutes)

Introduce participants to the content:

- Share that our thoughts, feelings, and behaviors shape our well-being, often influencing us without us even realizing it.
- Explain that understanding how to foster positive thoughts, feelings, and behaviors is key to wellness and success at work. It affects confidence, job performance, and how we navigate challenges. By developing supportive mindsets, we can create healthier habits for both work and life.
- Ask participants to reflect on strategies they already know for fostering well-being and share their ideas with the group.

Activity (20 minutes)

See pages 60–102 of the **Wellness workbook** for additional content related to this activity.

Before the Activity

Gather the following materials:

- Information and strategies for fostering thoughts, feelings, and behaviours that support well-being.
- Pens and flashcards/paper or digital devices for writing and drawing.
- **Optional:** Internet access for researching additional strategies.

During the Activity

Have participants complete the following:

- Explore strategies for fostering thoughts, feelings, and behaviours that support well-being.
- Identify strategies they think would work for them.
- Create flashcards by writing the strategy name on the front and ways to use it on the back.
- **Optional:** Research ideas on how and when to use strategies to support flashcard making.

Reflection (10 minutes)

Ask participants to reflect on a few of the following questions:

- What thoughts, feelings, or actions help you feel well in challenging situations?
- How can you promote a positive mindset during times of stress?
- How can you incorporate strategies for well-being into your work or home life?

Discussion (10 minutes)

Bring the group back together and invite participants to share:

- Their thoughts on one or more of the questions.
- The next step they will take to use what they learned.

Additional Learning

At the end of the session, encourage participants to explore the workbook to reinforce what they've learned and keep going with more! Check out the **Fostering Wellness module** in the **Wellness workbook**. Find the workbook in the downloads section at canworkbc.ca/downloads.

You can also share **CanWork BC** youth too, a virtual, self-serve employment support tool that offers this learning in an engaging way. It's a great resource for youth to explore at their own pace, providing support throughout every step of their employment journey. Check out the youth tool at portal.canworkbc.ca.



Module: Creating a Wellness Plan

Overview

This module covers how to develop a personal wellness plan, including strategies for creating and maintaining healthy habits and focusing on thoughts and behaviours that are within one's control.

Objective

This module supports youth with disabilities in building the knowledge, skills, and tools to create a personal wellness routine with actionable strategies for maintaining well-being.

This Guide

This facilitator guide provides an outline for running an employment learning workshop or lesson for youth with disabilities based on the **Creating a Wellness Plan module** in the **Wellness workbook**. It highlights key points from the module in a structured and practical way, offering step-by-step instructions for group activities and discussion.

This stand-alone guide is ready to use, but it does not cover the entire module. For full module learning, additional activities, and more examples, we recommend providing participants with the **Wellness workbook** at the end of your workshop/lesson. Find the workbook in the downloads section at canworkbc.ca/downloads.

Facilitator Considerations

- Considering offering insight on how wellness routines support navigating and growth in the employment journey.

Facilitation Plan	
10 minutes	Introduction
20 minutes	Activity
10 minutes	Reflection
10 minutes	Discussion

Introduction (10 minutes)

Introduce participants to the content:

- Share that wellness habits are the small actions taken daily to support overall well-being – this could be as simple as brushing your teeth.
- Explain that these habits are important because they help you stay healthy, energized, and focused. Building them into a routine makes taking care of your wellness easier and more automatic.
- Ask participants to reflect on one or two small actions they already do to support their well-being and share their ideas with the group.

Activity (20 minutes)

See pages 122–132 of the **Wellness workbook** for additional content related to this activity.

Before the Activity

Gather the following materials:

- Example daily routines (see pages 123–127 of the **Wellness workbook** for examples).
- Pens and paper or a digital device for recording their own daily routine.

During the Activity

Have participants complete the following:

- Explore the example daily routines.
- Map out their daily routine.
- Reflect on which parts support their wellness and identify any new habits they would like to incorporate to further support their well-being.

Reflection (10 minutes)

Ask participants to reflect on a few of the following questions:

- What daily habits can help you maintain a sense of well-being?
- How can you track your progress and stay motivated?
- What strategies will you use to be kind to yourself when things don't go as planned?

Discussion (10 minutes)

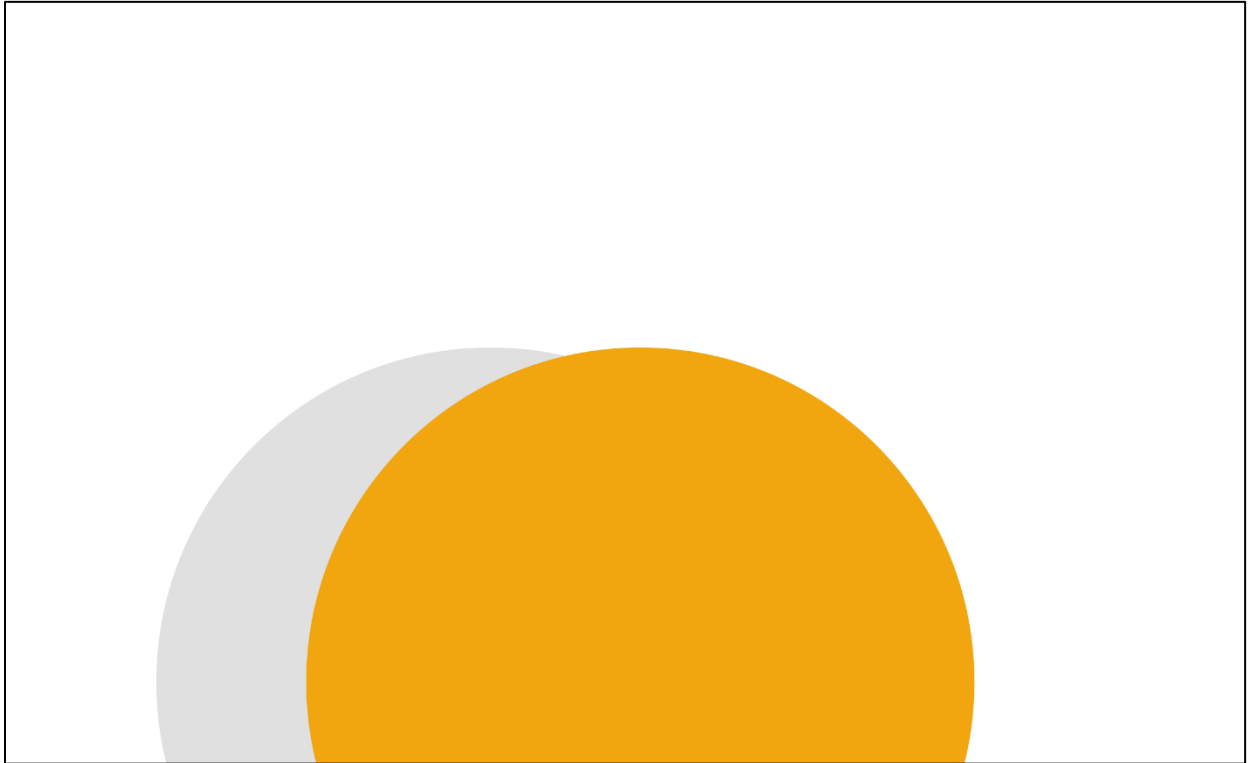
Bring the group back together and invite participants to share:

- Their thoughts on one or more of the questions.
- The next step they will take to use what they learned.

Additional Learning

At the end of the session, encourage participants to explore the workbook to reinforce what they've learned and keep going with more! Check out the **Creating a Wellness Plan module** in the **Wellness workbook**. Find the workbook in the downloads section at canworkbc.ca/downloads.

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Module: Connecting Wellness to Employment

Overview

This module covers maintaining well-being throughout the employment journey, including strategies for fostering work-life balance, managing work-related stress, and building resilience.

Objective

This module supports youth with disabilities in building the knowledge, skills, and tools to foster well-being through the employment journey, including strategies for maintaining work-life balance, managing stress, and adapting to professional challenges.

This Guide

This facilitator guide provides an outline for running an employment learning workshop or lesson for youth with disabilities based on the **Connecting Wellness to Employment module** in the **Wellness workbook**. It highlights key points from the module in a structured and practical way, offering step-by-step instructions for group activities and discussion.

This stand-alone guide is ready to use, but it does not cover the entire module. For full module learning, additional activities, and more examples, we recommend providing participants with the **Wellness workbook** at the end of your workshop/lesson. Find the workbook in the downloads section at canworkbc.ca/downloads.

Facilitator Considerations

- If you're comfortable, consider sharing personal examples of how you've used stress management strategies at work to help create a welcoming and open environment for students or participants.

Facilitation Plan	
10 minutes	Introduction
20 minutes	Activity
10 minutes	Reflection
10 minutes	Discussion

Introduction (10 minutes)

Introduce participants to the content:

- Share that employment stress is common and can affect overall well-being.
- Explain that experiencing some stress is normal, but it can sometimes feel overwhelming. The good news is that it's manageable with the right strategies.
- Ask participants to reflect on a time they felt stressed, how they managed it, and share their ideas with the group.

Activity (20 minutes)

See pages 159–174 of the **Wellness workbook** for additional content related to this activity.

Before the Activity

Gather the following materials:

- Strategies for managing stress at work (see pages 163–166 of the **Wellness workbook** for examples).
- Example stressful workplace situations (see pages 160–161 of the **Wellness workbook** for examples).

During the Activity

Have participants complete the following:

- Explore strategies for handling stress at work.
- Read examples of stressful workplace situations and consider how they could apply one of the strategies to respond effectively.
- Discuss their insights with a peer.

Reflection (10 minutes)

Ask participants to reflect on a few of the following questions:

- What are some stressors you experience at work, and how can you manage them?
- How do you maintain a work-life balance when your job becomes overwhelming?
- What strategies can you use to stay resilient in challenging work environments?

Discussion (10 minutes)

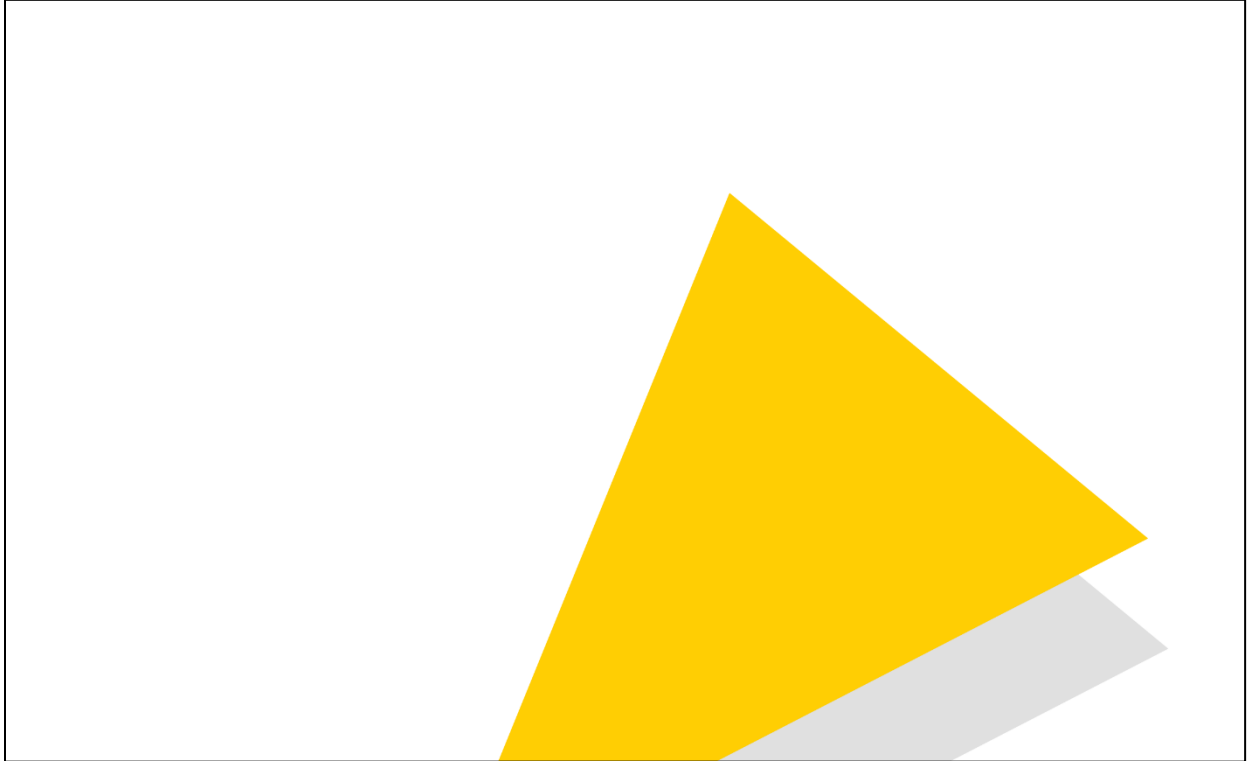
Bring the group back together and invite participants to share:

- Their thoughts on one or more of the questions.
- The next step they will take to use what they learned.

Additional Learning

At the end of the session, encourage participants to explore the workbook to reinforce what they've learned and keep going with more! Check out the **Connecting Wellness to Employment module in the Wellness workbook**. Find the workbook in the downloads section at canworkbc.ca/downloads.

You can also share **CanWork BC** youth tool, a virtual employment support tool that offers this learning in an engaging way. It's a great resource for youth to explore at their own pace, providing support throughout every step of their employment journey. Check out the youth tool at portal.canworkbc.ca.



Module: Seeking and Offering Support

Overview

This module covers when and where to seek support for wellness and how to be an effective wellness ally for others.

Objective

This module supports youth with disabilities in building the knowledge, skills, and tools to seek support when needed and be a supportive ally to others.

This Guide

This facilitator guide provides an outline for running an employment learning workshop or lesson for youth with disabilities based on the **Seeking and Offering Support module** in the **Wellness workbook**. It highlights key points from the module in a structured and practical way, offering step-by-step instructions for group activities and discussion.

This stand-alone guide is ready to use, but it does not cover the entire module. For full module learning, additional activities, and more examples, we recommend providing participants with the **Wellness workbook** at the end of your workshop/lesson. Find the workbook in the downloads section at canworkbc.ca/downloads.

Facilitator Considerations

- Consider facilitating open conversations about how to reach out for support and share strategies that can make it easier.
- Consider sharing resources for accessing community or employment-related support services.

Facilitation Plan	
10 minutes	Introduction
20 minutes	Activity
10 minutes	Reflection
10 minutes	Discussion

Introduction (10 minutes)

Introduce participants to the content:

- Share that even when we take steps to care for our well-being, we can still face challenges and may need support.
- Explain that knowing where to go for support is important so we can reach out when needed.
- Ask participants to reflect on examples of wellness support they know of and share their ideas with the group.

Activity (20 minutes)

See pages 191 – 221 of the **Wellness workbook** for additional content related to this activity.

Before the Activity

Gather the following materials:

- Information on different types of wellness support (see pages 193–203 of the **Wellness workbook** for examples).
- Pens and paper or digital devices for note taking and drawing.

During the Activity

Have participants complete the following:

- Read about different types of wellness support.
- Create a personal wellness support map by identifying specific support and resources available to them for different aspects of wellness.

Reflection (10 minutes)

Ask participants to reflect on a few of the following questions:

- Who is part of your support network, and how can you engage them when needed?
- How will you recognize when it's time to seek help for yourself?
- How can you be a supportive ally to others without compromising your own well-being?

Discussion (10 minutes)

Bring the group back together and invite participants to share:

- Their thoughts on one or more of the questions.
- The next step they will take to use what they learned.

Additional Learning

At the end of the session, encourage participants to explore the workbook to reinforce what they've learned and keep going with more! Check out the **Seeking and Offering Support module** in the **Wellness workbook**. Find the workbook in the downloads section at canworkbc.ca/downloads.

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Keep Going

There is so much more to learn! Access the full CanWork BC content and learn more about the program at **canworkbc.ca**.



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