

Workplace Wellness – A Roadmap for Engaging Employees

Hamilton Chamber of Commerce HR Committee
Thursday, December 3, 2015 7:45am-9:15am
Hamilton Chamber of Commerce Office, 120 King St. W, Plaza Level

We all know the saying, “if you build it, they will come.” This isn’t always the case when it comes to workplace wellness!

Meaghan Jansen, owner of Employee Wellness Solutions Network (EWSNetwork), will be sharing:

- What works and what doesn’t (and why) when wellness initiatives are implemented.
- Learn the best strategies for optimizing engagement in your workplace.
- Increase the chances that wellness will work in your workplace by hearing what aspects make a wellness campaign more effective with ideas around communication, consistent messaging, and how to garner leadership support.



About Meaghan Jansen, MSc., BSc., BA:

Meaghan Jansen is owner and founder of Employee Wellness Solutions Network [www.EWSNetwork.com] with her husband Garth. EWSNetwork is a corporate and employee wellness company that provides integrative, strategic and comprehensive wellness solutions to the worksite. Over the last 12 years, EWSNetwork has become an industry-leader and has been recognized locally, regionally and nationally. Some recent recognition include London’s 20 Under 40 Award for 2013, Benefits Canada Health and Wellness Program of the Year Awards [2011-2015], Benefits Canada Strategic Partnership Award [2012], and Regional Chamber Awards [2013-2015]. EWSNetwork has been featured in Business London, Benefits Canada Magazine, Small Business Advisor, the Globe and Mail and several local media.

In April 2015, EWSNetwork and Stressed Out Solutions [SOS], partnered and now offer preventative, proactive corporate and employee mental health training. SOS mental health training and EWSNetwork wellness initiatives are combined to provide the most effective, results-based program in Canada.

Meaghan is an Advisory Board member of the Canadian Academy of Lifestyle Medicine, a corporate wellness specialist, a personal trainer, a nutritionist, a marathon runner, and an East Coaster. She is from Saint John, New Brunswick and acquired a Bachelor of Science (biology and psychology) and a Bachelor of Arts (sport and exercise psychology) at the University of New Brunswick before moving to London, Ontario in 2001. She completed her Masters of Science in Kinesiology (exercise nutrition) at Western University and played as a Mustang on the women’s soccer team.

Meaghan’s passion is healthy living. She is a dynamic and accomplished International speaker. She has recently presented to groups about health and wellness in Vancouver, Edmonton, Calgary, Trinidad & Tobago, Barbados and Jamaica. She loves to educate audiences about living well: be it nutrition, exercise, stress, sleep and any other wellness-related topic!