



*CSSE Saskatchewan Chapters & WorkSafe Saskatchewan  
present*

## **2022 Safety & Health Week Virtual Presentation May 3, 2022**

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Guest Speaker  
**Sylvia Marusyk**

**Sylvia Marusyk** is an ACTIVATIONAL speaker who offers proven, practical and powerful tools to build healthy lives and workplaces. Sylvia is fun, sassy and passionate about safety & health. As an Occupational Therapist with almost 30 years of experience and expertise in the field of health and safety, and a recent breast cancer survivor, she emphasizes that prevention is the key to creating happy, healthy individuals, employees and businesses.

The former host of the 'Happy Hour With Sylvia!' a radio show, international keynote speaker, "activational" mentor and industry expert has proven that the way we look at corporate health, safety and wellness is due for a change of perspective; and Sylvia is leading the charge. Her entertaining presentations focus on a proactive approach to building healthy lives and workplaces. Through the use of humour and her incredibly dynamic presentation style, Sylvia leaves audiences laughing, learning and going home with the tools and confidence to change their lives for the better. By recognizing we are a mind-body, not a mind and a body, has helped her educate people on how prevention is the key to creating happy, healthy individuals, employees, and businesses. She uses preventative strategies to avoid burnout, reduce stress, improve relationships, live a healthier life and increase productivity. Sylvia delivers presentations on workplace safety, safety leadership, preventative safety, safety communications, mental health stigma reduction, stress management and the respectful workplace. She also delivers presentations on health and wellness, self-care, mindfulness, work life balance, resilience, overcoming adversity and productivity.

### **Agenda**

**11:30 am:** Sign into Meeting/Welcoming

**12:00:** Dignitaries

**11:40 am:** Opening Remarks

**12:10 – 1:00 pm:** Sylvia Marusyk – "Safety Leadership"

**11:45:** WorkSafe Saskatchewan Youth Video  
Contest Winners

**1:00 pm – 1:10 pm:** Question and Answer Period

**1:15 pm:** Closing Remarks