**Human Resource Managers Roundtable**

**Agenda**

**Wednesday, October 18, 2023**

**7:45 a.m.**

**418 W. Garden St.**

**4TH Floor**

**Pensacola, FL 32502**

1. Welcome & Introduction Jan Miller
2. Breakfast Host: Briana Wigley, MS,CHES, Business Development Executive, OneDigital
3. Announcements
4. Presentation: Kim La Montague, MBA, Wellbeing Director, HR Florida State Council

Mental Health in the Workplace: A Crucial Conversation for Leaders About Creating a Culture of Safety

Many leaders report feeling unprepared to open the dialog about mental health. As a result, in some workplaces, mental health is not being addressed properly which leads to decreased engagement, productivity, absenteeism, presenteeism, accidents, errors and turnover. The presentation will teach you the impact of unaddressed mental health signs and symptoms, the power of peer support and person-centered language, how to decrease sigma and create a safe workplace culture where everyone feels safe speaking openly about mental health without fear of judgement, retribution or job loss.

Next Meeting: January 24, 2024

Breakfast Host: Renee Lane, Regional Manager, Advance Services, Inc.

Presentation: Dr. Lusharon Wiley, Vice President of Corporate Culture, “Outside In: A Journey of Inclusion & Mindfulness”

This interactive presentation explores our thoughts and the lived experiences that shape how we view the world and behave in it. It asks the listener to thoughtfully reflect on the different ways of being while provoking self-reflection on the ways that we interact with others. Tools will be introduced to examine pre-conceived ideas that shape our worldview. Rather than looking outwardly at others. Participants will be asked to look from the outside inwardly examine their thoughts and perceptions.

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