



FPPS

Funeral Professionals
Peer Support

Sponsored by:



FPPS Webinars February 24th & March 3th, 10th, 17th

Improve Your Wellbeing and Mental Health:

Evidence-based Tools & Practices for Funeral Sector Professionals

Derrick McEachern, M.Ed., RCT, CCC will be facilitating

Derrick McEachern is a Registered Counselling Therapist and a Canadian Certified Counsellor who has been practicing in Nova Scotia since 2006. He is the founder of Five Star Wellbeing Counselling and Mental Health and is the author of the Wellbeing Assessment. Derrick has been facilitating learning for academic, corporate and not-for-profit audiences for 15 years on the topics of career development, workplace wellbeing and mental health. His mission is to tackle mental illness by putting wellbeing data, tools and practices into the hands of individuals and organizations.

WEBINAR #1: FEBRUARY 24

Building Personal Resilience: The Essential Role of Wellbeing in Mental Health

(7:00PM-8:30PM ET, 8:00PM-9:30PM AT)

WEBINAR #2: MARCH 3

Strategies for Avoiding Burnout: Mental Traps, Mindfulness and Self Compassion

(7:00PM-8:30PM ET, 8:00PM-9:30PM AT)

WEBINAR #3: MARCH 10

Calming the Anxious Brain: Understanding Connection and Attachment Needs

(7:00PM-8:30PM ET, 8:00PM-9:30PM AT)

WEBINAR #4: MARCH 17

Psychological Safety at Work: Assessing and Articulating Your Needs

(7:00PM-8:30PM ET, 8:00PM-9:30PM AT)

Register here

<https://us02web.zoom.us/j/8446121270?pwd=ZUk0OyYrDGuG9XWbqTrVlVm7YrpA-p8nQsG>

