

September 29, 2026

WORKPLACE STRATEGIES FOR MENTAL HEALTH WEBINAR: DIFFERENT BY DESIGN: OUR DIVERSE STRENGTHS

We are sending this information on behalf of the Healthcare Benefit Trust (HBT), Joint Community Benefits Trust (JCBT), Joint Facilities Benefits Trust (JFBT) and Joint Health Science Benefits Trust (JHSBT).

In recognition of World Mental Health Day on October 10, 2026, Canada Life and Workplace Strategies for Mental Health will be offering a free public webinar: Different by Design: Our Diverse Strengths.

The webinar will be held on October 7, 2026 from 10:00-11:00am PCT.

Below are details of the public event. Please share this information with your employees.

Join Mary Ann Baynton, Psychological Health and Safety Advisor with Workplace Strategies for Mental Health along with Canada Life's Organizational Health Consultants for a free public webinar, ***Different by design: Our diverse strengths.*** Using insights from an accredited assessment tool, this interactive session will explore how recognizing and understanding our own and other's unique character strengths can deepen connections and reduce workplace friction.

Attached is the invitation for the upcoming event, which includes a link to [Register](#). As always, the event will be recorded so it can be accessed after the live event on the Workplace Strategies for Mental Health [YouTube](#) channel.

Invite your colleagues, friends and family to join on **Wednesday October 7, 2026 from 1-2 p.m. (ET)**. This event is available in English, with French interpretation, slides and resource links.

Thank you for sharing these updates with your teams and promoting a culture of mental health and support in your workplace.

Questions

If you have any questions, please contact the HBT Benefits Team at BenefitsTeam@hbt.ca or 604-736-2087; Toll-free at 1-888-736-2087

Webinar: Different by design: Our diverse strengths

Oct. 7, 2026, 1 p.m. – 2 p.m. ET.

[Register](#)

Have you ever wondered why some workplace interactions feel effortless while others can be challenging? The way we respond to stress and work with others is often influenced by our unique strengths and character styles. Understanding these differences can help us build stronger relationships, reduce our own stress and collaborate more effectively.

Join Canada Life and Workplace Strategies for Mental Health for a free public webinar, **Different by design: Our diverse strengths**. Using insights from an accredited assessment tool, this interactive session will explore how recognizing and understanding our own and other's unique character strengths can deepen connections and reduce workplace friction.

Facilitated by [Mary Ann Baynton](#), Psychological Health and Safety Advisor with [Workplace Strategies for Mental Health](#), and Canada Life's Organizational Health Consultants, this engaging discussion will bring strengths to life through real experiences and practical examples.

In this session, you'll learn:

- How character strengths influence communication and workplace interactions
- Why different responses and perspectives are normal and valuable
- How understanding your strengths can help you manage stress more effectively

Real-life examples of how diverse strengths help individuals thrive and enable teams, families and communities to succeed together. **So why attend?** Whether you're looking to strengthen workplace relationships or gain new insights into how others think and work, this webinar will provide practical takeaways you can use right away. You'll also have the opportunity to participate in the discussion and learn from real-life experiences.

[Register today](#)

This webinar will be in English but French interpretation, slides and resource links will be available. This event will be recorded for future reference or just in case you can't watch live. Find it on the [Workplace Strategies for Mental Health YouTube page](#).