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Introducing a New Partnership: MyWorkplaceHealth & WorkSafe Saskatchewan

Dr. Joti Samra, CEO & Founder of **MyWorkplaceHealth** and Founding Research Scientist of CSA Z1003, *The National Standard of Canada for Psychological Health & Safety in the Workplace*, is pleased to be partnering with WorkSafe Saskatchewan, the provincial workplace injury prevention and safety division, to support the **Psychological Health & Safety Community of Practice** through 2026 via:



1. Quarterly Webinars on PH&S Topics

SAVE THE DATE:

Performance Management from a PH&S Lens

Tuesday, March 17 at 10am - 11:30am CST

Submit Your Performance Management
Questions Here

SAVE THE DATE:

First monthly office hour session

Tuesday, March 17 at 11:30am - 12:30pm CST



3. Monthly Psychological Health & Safety Community of Practice Newsletters

A monthly newsletter with useful Psychological Health & Safety resources, links, and Q&A's.

PH&S Community of
Practice Page

MyWorkplaceHealth E-
Learning Page

Questions from our December 2, 2025 Community of Practice Webinar

Question: *Can you give us some general information on how to handle a situation when a manager says the problem is that the claim type is interpersonal and not harassment?*

Answer: In most cases, workplace challenges involve interpersonal issues rather than legally defined bullying or harassment. Managers should address these issues through clear performance management, leadership and clearly communicated expectations. They should also provide performance feedback in both verbal and written formats, and schedule follow up discussions to monitor progress. Consider supporting and building emotional intelligence skills and competencies for people leaders and employees to effectively manage interpersonal conflict and challenges.

Resources:

- Clear leadership and expectations: worksafesask.ca/resources/psych-health-safety-resourcecentre/workplace-psychological-health-and-safety/clear-leadership-and-expectations

- Performance management: workplacestrategiesformentalhealth.com/topicsearch?searchstring=Performance&page=0&pagesize=10
- Emotional intelligence for employees: workplacestrategiesformentalhealth.com/resources/emotional-intelligence-for-employees
- Emotional intelligence for leaders: workplacestrategiesformentalhealth.com/resources/emotional-intelligence-for-leaders

[See more Q&A from Dr. Samra's December 2025 Webinar Here](#)



CERTIFIED EDUCATION

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