

MENTALLY HEALTHY WORKPLACE AWARDS

November 19th, Coast Capri Hotel

Keynote Speaker: Dr. Joti Samra



Dr. Joti Samra, R.Psych. is a national thought leader on issues relating to psychological health, wellness & resiliency. She is CEO & Founder of **MyWorkplaceHealth.com**, a full-suite national workplace consulting firm and **DrJotiSamra.com**, an expanding in-office and virtual health clinical & counselling practice with offices located throughout Vancouver, Richmond, Surrey & Tri-Cities.

Dr. Samra is a highly-regarded expert in psychological health and safety. She has been involved in a number of national initiatives that have contributed to policy change in Canada, and is a Founding & Ongoing Member of the CSA Technical Committee that developed the **National Standard of Canada for Psychological Health & Safety in the Workplace**. This Standard is the first of its kind in the world, and is shaping policy development for workplace psychological health & safety (PH&S) at the international ISO level.

Dr. Samra's down-to-earth, friendly and engaging style – combined with her clinical acumen and research expertise – make her a go-to expert for a wide range of media sources. She is regularly called upon by provincial and national print, radio and TV media to comment on a range of issues relating to psychological health and human behaviour. Some of her media career highlights include: Host of **Oprah Winfrey Network's** *The Million Dollar Neighbourhood*; Interventionist on **Animal Planet's** *Confessions: Animal Hoarding*; Casting Consultant & On-Set Psychologist for **CityTV's** *The Bachelor Canada*; and, Columnist for the **Globe and Mail's** "Ask a Psychologist" weekly column.

Dr. Samra has received a number of awards and accolades for her clinical and research work. She is proud to be the recipient of the Canadian Psychological Association's *New Researcher Award* & the British Columbia Psychological Association's *Advancement of the Profession of Psychology Award*. She is also former President of the *BC Psychological Association* & past Chair of the *BC Psychologically Healthy Workplace Awards Committee*.