



Protecting Our People:

Smart approaches to Newsroom Mental Health & Trauma

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Workshop overview (3.5 hours)

The *Protecting Our People Workshop* is an intensive three hour exploration of stress and trauma within the news industry using group discussion, lecture, and practical 'breakout' group exercises. The goal is to equip union volunteers, journalists and newsroom team members with a core understanding of how our work can affect our mental health and to offer practical 'best practices' to better protect our people on the job.

The curriculum is based on the **Taking Care Report on Mental Health Among Canadian Media Workers** and collaborations with the Canadian Journalism Forum, the Dart Center and CBC.



Learning Objectives

1

Identify news industry stressors - and how they affect the brain and body



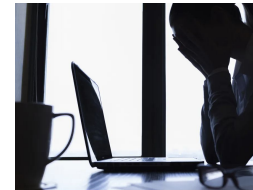
2

Planning for difficult or traumatic stories - and an employee's right to say 'No.'



3

Building psychological safety into newsroom practices - and collective agreements



4

Enhance self-awareness around stress, explore coping mechanisms, develop a self care plan



Dave Seglins

Journalist & Well-being Champion

Dave is a veteran investigative journalist with CBC, an independent researcher, educator, and advocate for mental health reform within journalism. Co-author of a 2022 national study of +1200 Canadian media workers, Dave is a passionate advocate for change and new 'best practices' to help frontline reporters and newsrooms become healthier and more sustainable in a stressful but highly rewarding industry.

Qualifications:

- Fellow (2022), Dart Center for Journalism & Trauma
- Member, Canadian Journalism Forum on Violence and Trauma
- Editor, *Well-being In News* blog
- Certificate - Global Mental Health, Harvard Medical School
- Mental Health First Aid (Mental Health Commission of Canada)
- M.A. (Journalism), M.A. (Canadian History)

