

SAFETY AND WELLBEING TRAINING COURSE CATALOG

Explore customized Safety and Wellbeing training designed for organizations across industries. Strengthen your safety leadership, enhance workforce wellbeing, and build practical tools that foster safe, healthy, and productive workplaces — advancing both your career and your organization's commitment to excellence.

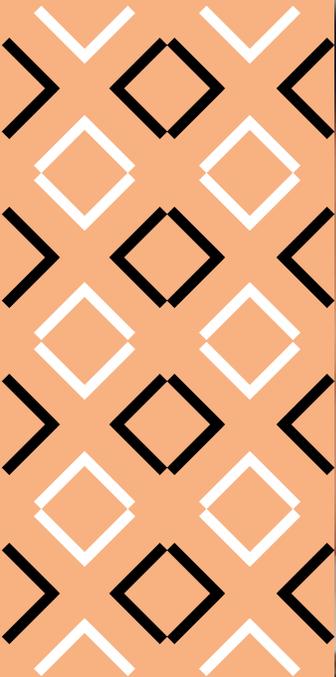
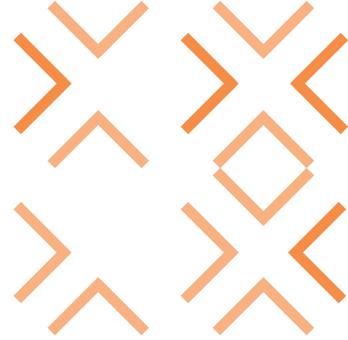




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Introduction to Workplace Excellence and Productivity Training Courses



Creating Safe, Healthy, and Productive Workplaces

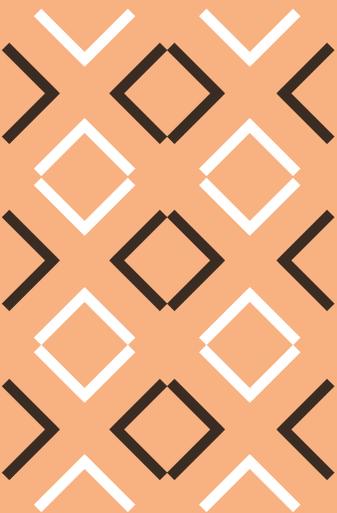
Discover a range of Safety and Wellbeing training programs designed to help organizations strengthen their health and safety systems, promote mental wellbeing, and build a culture of care and accountability. Sustavia Global's courses are tailored to equip teams with the skills, knowledge, and confidence to maintain safe, compliant, and high-performing workplaces.

At Sustavia Global, we believe that safety and wellbeing are the foundation of organizational excellence. Our programs are led by experienced industry professionals who bring practical, real-world insight to every session — ensuring participants can immediately apply what they learn to enhance safety performance and employee engagement.

With flexible delivery options, including on-site sessions, interactive workshops, and hybrid formats. Sustavia makes safety and wellbeing training accessible and adaptable to every organization's needs.

Join us and take the next step toward a safer, healthier, and more productive workplace, build the knowledge to protect your people, strengthen your systems, and lead with care and confidence.

Sustavia's Training Course catalog | 2025



Occupational Health & Safety Systems (ISO 45001 / COR)



Overview

Develop and maintain H&S Management Systems based on ISO 45001 or COR. Learn hazard control, compliance, and audit readiness.

Duration: 2 Days



Learning Outcomes

- Implement ISO 45001 / COR systems.
- Conduct system audits and reviews.
- Build safety leadership and culture.

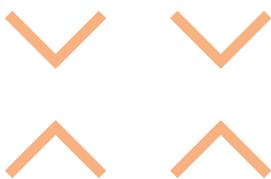
Delivery: Instructor-Led (In-Person / Virtual)



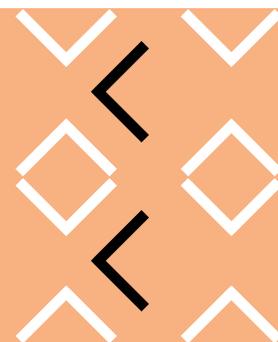
Who Should Attend

HSE managers, compliance coordinators.

Fee: \$635



COR/SECOR Audit & Compliance Preparation



Overview

Prepare for COR or SECOR audits with practical tools for documentation, compliance, and continuous improvement.

Duration: 1 Days



Learning Outcomes

- Navigate COR/SECOR protocols.
- Prepare compliant documentation.
- Build improvement plans.

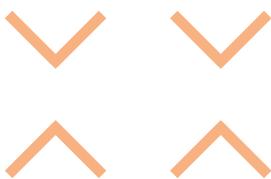
Delivery: Hybrid/Virtual



Who Should Attend

Safety officers, small business leads.

Fee: \$350



Site Registries & Contractor Compliance (Avetta, ISNetworld, Veriforce, CQNetwork)



Overview

Learn to manage contractor compliance and registry requirements efficiently.

Duration: 1 Day



Learning Outcomes

- Understand registry systems and uploads.
- Maintain compliance documentation.
- Troubleshoot common audit challenges.

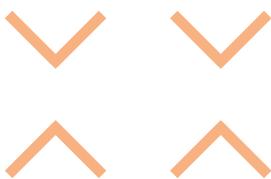
Delivery: Hybrid/Virtual



Who Should Attend

HSE coordinators, administrators.

Fee: \$350



Employee Wellbeing & Mental Health Awareness



Overview

Build awareness and strategies for promoting psychological safety and mental wellbeing in the workplace.

Duration: 1 Days



Learning Outcomes

- Recognize early signs of stress.
- Foster open dialogue on mental health.
- Promote a culture of care and inclusion.

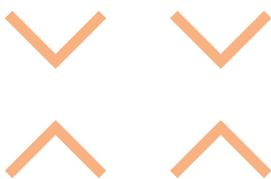
Delivery: Hybrid/Virtual



Who Should Attend

All employees and managers.

Fee: \$350



Stress Management & Resilience Workshops



Overview

Practical workshop to manage stress, improve focus, and build personal resilience.

Duration: 1 Days



Learning Outcomes

- Identify stressors and triggers.
- Apply coping and mindfulness techniques.
- Enhance personal wellbeing.

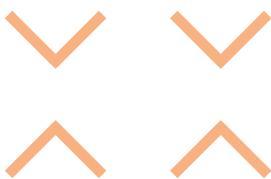
Delivery: Hybrid/Virtual



Who Should Attend

All employees

Fee: \$350



Inclusive & Mentally Healthy Workplaces



Overview

Learn how to create psychologically safe and inclusive workplaces.

Duration: 1 Days



Learning Outcomes

- Understand inclusion and wellbeing principles.
- Address barriers to psychological safety.
- Implement inclusive leadership practices.

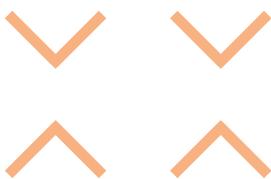
Delivery: Hybrid/Virtual



Who Should Attend

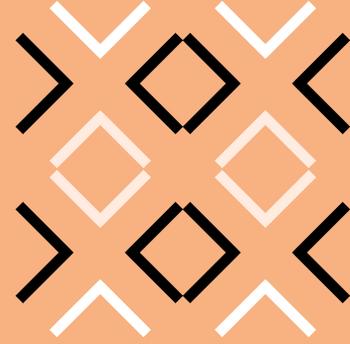
HR and DEI professionals, leaders.

Fee: \$350





Empower Your Future with Knowledge



At Sustavia Global, our commitment is to empower professionals to create safer, healthier, and more resilient workplaces. Our Safety and Wellbeing programs are engaging, practical, and grounded in real-world experience, ensuring that every skill you learn helps you protect people, strengthen systems, and foster a culture of trust and accountability.

Take the first step today. Invest in your growth and help shape a safer, more caring, and high-performing workplace for all.

Corporate / Group Rates

For employer clients or partner organizations:

Group Size	Discounted Rate	Comment
Up to 10 participants	Flat rate \$3,000/day	Ideal for small-team sessions.
11 – 20 participants	Flat rate \$4,000/day	Scales efficiently for most CAPG applications.
20 + participants	Custom quotation	Can combine multiple modules.

For more information about our training courses, please contact us at:



www.sustavia.ca



780-270-4739



sustavia@sustavia.ca

