

From: [Jordan Simmons](#)
To: [W Stamer](#); [Judy Armstrong](#); [Scott Kershaw](#); [Rob Kerslake](#); [D Kibble](#); [Louise Lodge](#); [Colin McInnis](#)
Cc: [Tasha Buchanan](#)
Subject: Mental Health Workshop for Mayor and Council
Date: January 29, 2024 11:55:32 AM

Dear Mayor Stamer and Council,

Researchers at the University of Sussex have found that more than two-thirds of elected officials at all levels of government struggle with their mental health. We also know that one in five adults experience a mental health issue in any given year.

As you embark on the second year of your mandate, have you thought about how the stressors associated with public service are impacting your own mental health?

[Nominee](#) has been leading the conversation around mental health in politics and last year was [recognized by the Apolitical Foundation](#) as a trailblazing organization for our work promoting mental wellbeing.

To further this mission, we recently collaborated with the [Canadian Mental Health Association](#) to develop a mental health toolkit for politicians, and are now expanding this resource into an interactive workshop, specifically designed to support and empower local government leaders across Canada.

The workshop is meant to encourage discussion of mental health and wellbeing, provide you with practical tools and resources to help build your own self-care plan, and leave participants feeling confident, hopeful, and re-energized as you approach the midpoint of your term in office.

Rates start at \$500 for a 75-minute virtual workshop or \$1,500 for an in-person session for up to 12 council members and/or staff.

Topics covered include:

- Finding your “why” and what motivates you towards public service.
- Understanding common key stressors faced by politicians and how to navigate them.
- Preventing burnout and setting healthy boundaries.
- Developing your self-care plan and connecting with resources.

Serving your community is a privilege and an honour. I hope this workshop will support you on your journey in public office and give you the tools you need to amplify your impact for years to come.

If you're interested in scheduling a session (online or in-person), please reach out – I'd love to discuss the details or answer any questions.

Sincerely,

Jordan

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Jordan Simmons | [Connect with me on LinkedIn](#)

Co-Founder and CEO

Nominee

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