

# Spiritual Discovery for Job Satisfaction Program Summary

Evidence from clinical trials shows that spiritual awareness and practice can improve mental health, symptom management, and workplace engagement. This program was piloted with Calgary Health Region employees.

## Participants will:

- Create a personal definition of spiritual health.
- Understand the relationship between spirituality and health.
- Experience a taste of several skills that elicit psycho-spiritual states.
- Identify and overcome obstacles to spiritual practice.

## Program Outline

What is Spirituality?

Clinical Evidence Linking Spirituality and Health Benefits

Personal Benefits of Spiritual Practice

The Psycho-Spiritual States

Experiencing Spirit

Overcoming Obstacles to Spiritual Practice

Finding Resources and Support