

## **Celebrate World Tourism Day with go2HR, CMHA BC Division and Trevor Bird**

This year, World Tourism Day is celebrated on September 27, 2022. This Day of Recognition celebrated across the globe recognizes the importance of tourism and hospitality industry and is brought forward by the United Nations World Tourism Organization (UNWTO).. The theme for this year's is "Rethinking Tourism"! go2HR and the Canadian Mental Health Association - BC Division (CMHA BC) seeks to do just that: taking a closer look at our fast-paced sector and sparking dialogue on what strategies can support and celebrate this industry's ongoing resilience.

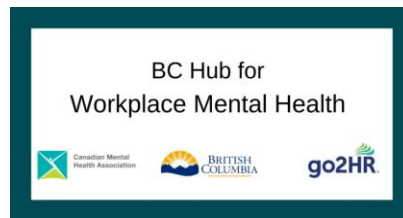
We are pleased to offer "Mental Health & Wellbeing at Work- A (Top) Chef's perspective" a free webinar by Top Chef Trevor Bird co-hosted by go2HR and CMHA BC. Trevor Bird has a vast experience in the tourism and hospitality industry. As a Top Chef, Trevor Bird has seen firsthand some of the negative behaviours that can be the result of a stressful workplace. He has developed tools that you can use to strengthen connections and build resiliency.

Save your seat and [register](#) for the webinar to be held on September 27, 2022. In 60-minutes he will share practical tips to support industry staff, leaders, and organizations.

### **Why is it important?**

In recognition of World Tourism Day, we want to celebrate and emphasize the role tourism and hospitality has played in our society and the importance of wellbeing and sustainability.

[Mental Health & Wellbeing at Work- A \(Top\) Chef's perspective](#) is a sixty-minute webinar that will focus on mental health and wellness to support the ongoing resilience of the industry. In just an hour, attendees will define what hospitality means to you and how to relate to it. And, learn about your triggers and how to, not react, but respond in a professional manner. You will take away tools and practical methods for dealing with isolation, substance misuse, anxiety and lack of boundaries.



## **MEDIA CONTACT**

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*The BC Canadian Mental Health Association (CMHA BC) and go2HR have partnered to create an [online hub](#) for mental health and wellness resources specifically for the tourism and hospitality industry. The Workplace Hub includes information and resources about mental health, access to training, coaching support and more. Workplace mental health has never been more important. Take some time to explore all the resources and, be sure to check back often, as it is regularly updated.*