

Webinar: You can do hard things. How to change what no longer serves you.

May 1, 2025, 1 p.m. – 2 p.m. ET.

[Register](#)

Change is constant and inevitable. We make decisions every day, whether big or small. But what happens when we feel stuck, when we know that change is needed but we can't quite find the motivation to see it through? Discover the solution during Canada Life's and Workplace Strategies for Mental Health's new webinar: **You can do hard things. How to change what no longer serves you.**

Join **Mary Ann Baynton**, Director of Collaboration and Strategy for Workplace Strategies for Mental Health as she discusses with **Dr. I. David Daniels** what it's like to choose change. Hear Dr. Daniels discuss whether this change was required, how he found the motivation to see it through and what he feels the consequences of not changing could have been. You'll leave this webinar with actionable tips and tricks to help you the next time you need or want to make a change.

You can do hard things. Luckily attending this webinar won't be one of them. [Register today.](#)

This webinar will be in English but French interpretation, slides and resource links will be available. You'll also have the opportunity to ask questions related to the topic. This event will be recorded for future reference or just in case you can't watch live. Find it on the [Workplace Strategies for Mental Health YouTube page.](#)

Learn more about the panelist:



Dr. I. David Daniels is an occupational health and safety professional, former public safety executive, thought leader, and Founder/CEO of ID2 Solutions, LLC. He holds a Bachelor of Science in Fire Services Administration, a master's degree in human resources management, and a Ph.D. in Occupational Health and Safety. His numerous certifications include Safety Director, Violence Prevention Specialist, Emergency Management Specialist, and Job Hazard Analysis Specialist. He attended the Senior Executive in State and Local Government program at Harvard University and received a Diversity, Equity, and Inclusion certificate from Cornell University. He is also the author of *Psychosocial Hazards Are Real*.