



B Subscript 3 Incorporated
Brandi Heather
45 Ellington Crescent
Red Deer, AB
T4P3E5
Canada

Workshop

Know Your Team, Build Your Team, Keep Your Team: Thriving Through Transformation 6 Hours

In today's dynamic and fast-paced work environments, building and maintaining a cohesive, high-performing team critical. Brandi Heather, world-class educator and best-selling author will demonstrate that sustainable change can only happen from the inside out. This workshop is designed to empower teams to champion change, navigate diverse perspectives, and find innovative solutions beyond the status quo. Together we recognize why our natural skills and talents are often hidden under uncertainty, unpredictability, the fear of judgment, and a reluctance to step out of our comfort zones.

Brandi leads you through three eye opening, interactive steps to strengthening a team from the inside out.

Brave Me: Start from “I”, explore the individual, diverse strengths and “off resume skills” of each person in your organization and uncover what makes them feel valued, motivated, and yes, playful and what gets in the way of all three.

Brave Us: Discover that knowing the “Brave Me” of the people you work with everyday improves trust, and builds a safe place to navigate conflict, listen to and build from diverse perspectives. Participants will leave with a sense of unity and shared purpose.

Brave Organizations: Value and utilize the diverse, individual and collective strengths of people as the foundation for organizational success and productivity. Discover how to reach your organizational goals by implementing the first two steps in building a workplace culture where people want to be, connect, and collaborate.

This workshop includes pre-event meetings to ensure a customized experience, all workshop materials and post event follow-up with Brandi Heather. Format can be adjusted for client timelines and desires outcomes.



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Healing Our Caring Systems: Know Your Team, Build Your Team, Keep Your Team: (In-Person, 6 Hours, Format Flexible)

In the challenging world of healthcare, where professionals tirelessly care for others, addressing their own well-being and team dynamics is crucial. This workshop is tailored to help healthcare teams thrive in environments often marked by disconnection, overwhelm, and anxiety. These feelings often stem not from personal differences but from natural reactions to an unpredictable, uncertain, and demanding setting, leading to a sense of 'we just can't get along.' This environment is exhausting and feeds conflict and burnout.

Focused on empowering teams, this workshop guides participants to champion change, embrace diverse perspectives, and discover innovative solutions to the challenges of a constantly evolving workplace. It provides a unique opportunity to tap into and utilize the under-utilized skills and talents within the team, which may be overshadowed by uncertainty and fear of judgment.

Shifting the focus from patient care to the caregivers themselves, the workshop aims to rekindle courage, creativity, and connection among healthcare professionals. Participants will explore core values essential for personal growth and wellness, fostering a stronger, more resilient workforce.

Key outcomes include actionable strategies to reduce interpersonal stress, enhance workplace culture, and improve overall function. This ensures that healthcare professionals can provide the best care for others by first taking care of themselves and their teams.

This comprehensive workshop includes pre-event meetings for customization, all necessary materials, and post-event follow-up with Brandi Heather, ensuring a tailored experience that meets the specific needs and goals of your healthcare setting. The format is flexible to align with your timelines and desired outcomes."



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Keynote

You Can't Play in a Show Home Healing Our Caring System

Attention to detail and a high level of professionalism is expected in caring work, but overwhelming expectations, and workload can lead to fatigue, burnout, lack of motivation. Work can feel like living in a “Show Home” where we are just keeping up appearances, while living in and maintaining a “Fixer Upper”. This relentless quest for flawlessness can leave caring professionals feeling unappreciated, and overwhelmed, preventing them from offering the support and compassion they aspire to provide. When healers hide and coping skills educators struggle to cope, it's time to shift our perspective.

In this action packed, hilarious keynote Brandi Heather demonstrates that if you want to unleash the full potential, passion, energy of your team then you need to understand the science of play. Find out how learning what motivates, inspires, and makes your team feel capable and creative makes it easier to recruit, retain and re-engage your staff.

Brandi Heather understands personally the toll that impossible expectations, poor mental health, and anxiety can have on our personal and professional performance. After almost losing her livelihood and life to appear “perfect”, take care of others and hide her illness, she realized she had lost her courage, creativity, and confidence. The professor became the patient.

Join us in this high impact, interactive _____ from the heart of a caring professional who learned the hard way that when we lose our ability to play we lose our ability to cope, connect and create. Join Brandi Heather as she clearly outlines a path to collaborative self-care and empowerment that leads to sustainable teams and better outcomes for care.

Key Takeaways:

- Recognize the importance of authenticity, dignity, and communication in shaping workplace culture, mental health, and wellness.
- Address fear and perfectionism as major barriers to a healthy workplace culture.
- Identify the direct connection between play and workplace issues such as wellness, teamwork and inclusion.
- Demonstrate a three step implementation strategy to create an environment that fosters innovation, inclusion and connection while helping compassion-led workers struggling with stress, overwhelm and mental health challenges



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Cultivating Creative Connections: Empowering Wellbeing and Innovation in the Workplace

Have you ever found yourself so immersed in an activity that time seemed to vanish? Did you know that in that mindset, we are more creative, connected to others and capable of finding solutions? This day promises to be a refreshing break from the status quo, both entertaining and educational in every way.

In today's diverse work environment, where team members may be spread across various locations—from home offices to hybrid setups—it's more important than ever to foster a sense of unity and collaboration. Our natural skills and talents are often hidden under uncertainty, unpredictability, fear of judgment, and the reluctance to step out of our comfort zones, and that doesn't just affect our work performance but our personal wellness and wellbeing. Brandi will share her science-based signature strategy for uncovering and harnessing **your** unique strengths and talents and increasing your ability to see it in others.

This workshop will provide you with insights into the science of creativity and play and how it can transform the way you care for yourself, connect with your colleagues, and tackle complex challenges with fresh perspectives and innovation.

Rekindle your sense of playfulness and passion and learn practical strategies for personal and collaborative resilience.

Brandi Heather is renowned for her humor, powerful energy, and 25 years of experience as a College Professor, Disability Inclusion and Therapeutic Play Specialist. Get ready to laugh and recognize how many times we forget to celebrate ourselves in the service of others and discover practical strategies for change.



"Brandi exceeded our expectations, and left us with tools and activities for personal and professional growth to utilize after the workshop."

*Erika Brockmeyer, Regional Management Services- Regional Recruitment Team
Strategic Services Branch-Western Canada and Territories Region
Service Canada*



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You Can't Play in A Show Home: Caring For Ourselves When We Know All The Answers

In this keynote, Brandi Heather explores the unique challenges of caring professionals who are exceptional at addressing issues like anxiety, burnout, disconnection, and mental wellness in others, but frequently overlook their own well-being. She thoughtfully and humorlessly explores the irony that these knowledgeable professionals are often perceived as being fully equipped to apply their expertise to their own lives and solve their personal issues. However, despite this assumption that they have all the answers, it's often not the reality for many caring professionals.

Brandi uses the metaphor of maintaining a "Show Home" while living in a "Fixer Upper" to illustrate the conflict between outward appearances of coping to care for others and internal feelings of overwhelm and burnout. She directly confronts the barriers of fear and perfectionism, emphasizing the crucial connection between play, workplace wellness, teamwork, and inclusion.

This keynote highlights the importance of play and creativity as an essential tool for unleashing the potential and energy, both individually and within teams. Participants will learn the importance of collective understanding among peers and interdisciplinary teams in retaining and engaging a caring workforce. Brandi offers actionable strategies for creating a supportive, innovative, connected workplace; empowering caring professionals to balance their professional responsibilities with personal health.

Brandi's keynotes have consistently received positive feedback, with 100% of participants affirming the importance of the content to their workplace culture. A significant 98% found the presentation relevant to their roles in healthcare and human services.



"Brandi is such a vulnerable, humble, and miraculous person she brought credibility to the event and made it a higher caliber conference than what we have previously held. It enhanced not only our current event but will allow us to run the event at this more professional level for the years to come."

Elizabeth Reekie, Special Olympics Alberta



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You Can't Play in a Show Home Strategies for Healing Our Caring System

In the world of healthcare, where unpredictability is the only constant and solutions are expected faster than instant coffee, professionals might find themselves longing for a pause button. Enter Brandi Heather, no magic wand or superficial pep talk, something far more powerful: humor, insight and licence to find our playful self again. She's here to remind people in healthcare that amidst the chaos of back-to-back emergencies and the art of pulling miracles out of thin air, they've forgotten to administer a crucial dose of self-care and compassion—to themselves.

This keynote is a permission slip to explore the untapped creative drive and courage that thrives every person in healthcare and human services. With over 25 years of turning the conventional on its head, Brandi champions a work culture where the ability to find your playful nature in the midst of mayhem isn't just appreciated—it's essential to coping, resilience and sustainability.

Gear up for an interactive experience that will not only recharge your professional batteries but might also leave you wondering if the real secret to healthcare innovation was hiding in plain sight, in the laughter shared between the chaos.

Through engaging stories and dynamic energy, she offers a toolkit for boosting confidence, creativity, and well-being, proving that navigating human services and healthcare can indeed include joy and play in our work and lives beyond work.

Brandi Heather underscores that self-care is not a luxury but a necessity for those committed to caring for others. She offers practical strategies for implementing self-care practices that lead to improved mental health, job satisfaction, and overall well-being on and off the job.



“Still seeing the effects of this session a month later”

*Vanessa Cromwell-Klettke
Superintendent Finance and Business
Calgary Catholic School District*



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The Transformative Power of Play: Know Your Team, Build Your Team, Keep Your Team

In today's dynamic and fast-paced work environments, building and maintaining a cohesive, high-performing team critical. Brandi Heather, world-class educator and playful change maker, will demonstrate that sustainable change can only happen from the inside out.

This keynote experience is designed to empower caring professionals to champion change, navigate diverse perspectives, and find innovative solutions beyond the status quo. Together we recognise why our natural skills and talents are often hidden under uncertainty, unpredictability, fear of judgment, and the reluctance to step out of our comfort zones. Brandi leads you through three eye opening steps to building a resilient team from the inside out.

Brave Me: Start from “I”, explore the individual, diverse strengths and “off resume skills” of each person in your organization and uncover what makes them feel valued, motivated, and playful and what gets in the way of all three.

Brave Us: Discover that knowing the “Brave Me” of the people you work with everyday improves trust, and builds a safe place to navigate conflict, listen to and build from diverse perspectives. Participants will leave with a sense of unity and shared purpose.

Brave Business: Value and utilize the diverse individual and collective strengths of people as the foundation for organizational success and productivity. Discover how to reach your organizational goals by implementing the first two steps in building a workplace culture where people want to be, connect, and collaborate.

This energizing keynote is full of ah-ha moments and practical ways to get your team moving together by respecting and celebrating our differences. This keynote presentation includes pre-event meetings to ensure a customized experience, meeting the goals of the event and organization and post event overview materials for all participants connected to this keynote.



“Brandi exceeded our expectations, and left us with tools and activities for personal and professional growth to utilize after the workshop.”

*Erika Brockmeyer, Regional Management Services- Regional
Recruitment Team
Strategic Services Branch- Western Canada and Territories Region
Service Canada*

Brandi
Heather

*Break Out Session - or
Lunch Time Energizer*

1 Hour Teambuilding Session

**Title: Building Bridges: Strengthening
Connections**

Description:

This team building session is designed to foster stronger connections and collaboration among participants. Join me for a unique opportunity to engage in interactive activities and meaningful conversations that will deepen your relationships with colleagues and ignite a sense of camaraderie within your team.

During this engaging session, you will embark on a journey of building bridges, both metaphorically and literally. Through a series of team challenges and collaborative exercises, you will have the chance to work together, communicate effectively, and leverage the diverse strengths and perspectives within your team.

Together we create an inclusive and supportive environment where everyone's voice is valued and contributions are celebrated. By building bridges of connection, trust, and understanding, you will enhance team dynamics and cultivate a positive work culture.

Take this opportunity to step away from the content heavy program and invest in the growth and development of your team. Don't miss out on this bonus team building session that promises to rejuvenate your team's spirit and ignite a renewed sense of unity.

Note: The specific activities and details of the lunchtime team building session can be customized based on Conference Organizers preferences and requirements.

"Best decision we ever made was bringing Brandi in over the past 3 years to work with our team. She is our secret weapon for drastically lowered turnover, recruiting unbelievable staff, and having waiting lists in all of our programs."

Maureen Topp - BGC Cochrane and Area



www.brandiheather.com



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Unstructured Adventure Play Instruction and Programming Level 1 Workshop Building Teams and Knowledge

In this 6-hour introductory certificate program participants explore and recognize the benefits of self-directed, creative, child-led, unstructured play for child development and learning. Unstructured play allows children the freedom to explore, create and discover without predetermined rules or guidelines, but it can be hard to allow it to happen in structured spaces. Come find your comfort zone for unstructured play while learning how to implement it in your planning.

Programing connections:

- Connects to the Flight Curriculum
- Focus of reflective practice
- Discussion on Invitations vs. Provocations
- How to let go and allow children to play – and how to work together on this process – building teams who know each other

Our outcomes for the day start from the inside out: from practitioner to practice.

By the end of this course, learners will be able to:

1. Identify their personal play type and personality, recognizing their playFULL strengths and abilities, as well as those of their team.
2. Explain the physical, cognitive, and social value of play in their work, understanding how play can benefit various aspects of their professional life.
3. Differentiate between risk and hazard to ensure safe and responsible play environments that invite curiosity and invention.
4. Identify how unstructured play environments encourage exploration of undiscovered social, cognitive, and physical potential, fostering curiosity and a sense of adventure in play.
5. Identify how unstructured play introduces risk as an opportunity for developing resilience, responsibility, and readiness, understanding the importance of risk-taking in play.
6. Recognise that unstructured play has dynamic expectations and outcomes, it evolves based on individual and group dynamics, and can lead to different results and experiences each time.
7. Identify and consider ways to create space for six specific characteristics of risky play: playing at great heights, at speed, with dangerous tools, near dangerous elements, with rough and tumble, having the opportunity to get lost/disappear.

"this course changed the way I look at myself and my team, Brandi showed opportunity for unstructured, child-led play by making me feel confident and comfortable first, and I left with more new ideas than I can even manage. Her energy is contagious, I looked at the clock...its 4pm already????"



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Return To Play: Rebuilding Resilience, Risk and Reconnection in School Counseling and Education 75 Minute Breakout

When was the last time you did something so good that you lost track of time?

I don't mean that you put your phone down or didn't look at the clock; I mean you didn't care about the time and wished it could go on and on. At that moment, you were "in play".

For many people, it has been too long and it is time to return to play.

Award-winning educator and best-selling author Brandi Heather shares her science-based signature strategy for finding and utilizing your strengths and gifts "in play". Brandi unpacks our aversion to playing and playfulness in the workplace by utilizing the science of play to change how we care for ourselves, connect with others, and find creative solutions to seemingly impossible challenges.

Discover that:

"In play" is where we are most open to hearing the perspectives and ideas of others, connecting authentically, and exploring creatively.

Play is one of the greatest natural resources in an educational system, yet it is one of the first things we discard in times of overwhelm and uncertainty.

Play allows people an untethered space to innovate, improve and develop new insights into complex problems. Play allows us to let go of perfectionism and foster a sense of connection with those around us.

Educators recognize and help others to feel "in play", creative, courageous and confident all the time; it's time to look from the inside out. Come out and play for a change.