

*MeYouQ*® is an  
Essential Skill for Good  
Psychological Health &  
Safety in the Workplace—  
for Supervisors and for  
Employees.

PLACE  
STAMP  
HERE

Embark on the *MeYouQ* journey,  
where you will become more at peace  
with yourself and others.

Join for yourself, or offer  
the Book Club to your  
employees. *MeYouQ*®  
brings:

- Greater inner peace
- Personal vision
- Increased positivity
- Self-determination
- Self-empowerment
- Peace with others
- Enhanced People skills
- Better relationships
- Improved wellness
- The change you are  
looking for!

\*Individual results will vary.

TREE for Supervisors

459 Rosedale Ave.  
Winnipeg, MB R3L 1M4  
CANADA

MeYou

Discover what has been  
missing from your life!

BOOK CLUB



## *MeYouQ: Life-Changing Protocols for People Leaders*

A MUST READ for individuals wanting to transform their lives and the lives of others, to reduce stress and have better relationships and psychological health and safety at work. *MeYouQ*® considers that the problems we have with other people or with our environment can be managed by making changes within ourselves first.

### Session 1: Me

THIS SESSION BUILDS on the concepts of self-awareness and self-acceptance, to help attendees analyze what they want more of in their lives, and what they need to do to get it. Participants develop feelings of empowerment, and their barriers to success are removed. A holistic view is used to assess feelings of wellness and create individual plans for change.

### Session 2: You

PARTICIPANTS IN THIS session examine the role they have in the interpersonal conflict in their work and personal lives. Participants will overcome their personal barriers to accepting others, and reduce their automatic tendencies to judge and criticize. Individuals come to appreciate each person as being unique and are able to see the value in each person.



### Session 3: Q

IN THIS SESSION, participants develop an individual style for building better rapport with more people in all areas of their lives. They reflect on their reasons for wanting good relationships and what it will take to achieve them. Reciprocity is explored, as people prepare for the negotiations involved in crafting good working relationships.

### Session 4: PHS

THIS FINAL SESSION helps participants examine their role in creating a psychologically healthy and safe workplace. Plans for mental wellness then extend to their personal lives in a holistic plan for success. Individuals see their role in supporting themselves and others.

**Author/Speaker/Coach:**

**Treena Chabot, CPHR**  
**TREE for Supervisors**

**(204) 996-2960**

[treena@treeforsupervisors.com](mailto:treena@treeforsupervisors.com)

[www.MeYouQbook.com](http://www.MeYouQbook.com)