



## SustainMobility Workshop List

SustainMobility's exciting workshop series is a valuable, low-cost educational resource for your employees. All workshops are approximately one hour in duration and will take place at a designated workplace. Workshops are available on a first come, first serve basis.

**To order your workshop today or inquire about applicable fee charges, please contact Jagoda Rozbicka, Manager, Communications & Programming at (905) 615-4190 or [jrozbicka@sustainmobility.ca](mailto:jrozbicka@sustainmobility.ca). *Workshop registration form on page 9***

**OPTIONAL:** PIZZA LUNCHES ARE AVAILABLE FOR SELECT WORKSHOPS UPON REQUEST.

### Commuting Workshop List

(workshop details on pages 2 - 5)

- Carpool Zone Workshop
- EcoDriver 1 Workshop
- EcoDriver 2 Workshop
- Bike Commuting Basics Workshop
- Defensive Cycling Skills Workshop
- Bike Safety Check
- Learn to Ride a Segway Workshop
- Zumaround E-scooterbike Workshop
- Biking in the City Workshop
- Winter Cycling Workshop
- City Centre Ramble Guided Ride Workshop
- Riverwood Roll Guided Ride Workshop
- Trail Blazing Guided Ride Workshop
- Choose Your Own Adventure Guided Ride Workshop

### Health and Wellness Workshop List

(workshop details on pages 6 & 8)

- Increase Productivity Through Yoga
- Yoga to Cultivate Business Partnerships & Relationships
- Yoga to Build Balance in the Workplace
- Yoga to Calm your Monkey Mind and Get Back to Work
- Healthy Eating for the Workplace
- Achieving and Maintaining a Healthy Body
- Boosting Your Energy Naturally
- Mental Fitness - Understand Stress Before it Gets You!
- Keep the Beat - Preventing Heart Disease

## Commuting Workshop

## Description

- Carpool Zone Workshop

Tired of your long, stressful, and expensive commute to work? Learn how the Carpool Zone can help you save time, money, and get you in touch with others who are interested in sharing their daily commute to work! This workshop will include a live demonstration on how to register an account on the Carpool Zone, find carpool matches, and will discuss tips for successful carpooling.
  
- EcoDriver 1 Workshop

This EcoDriver workshop session explores smart driving techniques that help maximize 'return' on a tank of gas. Learn smart, simple eco-driving methods that will help reduce individual financial costs while conserving our environment. Join us and find out how you can smart commute and make a difference!
  
- EcoDriver 2 Workshop

This interactive session emphasizes ways to reduce fuel consumption and individual carbon footprint by discussing alternative ways to driving. The session highlights sustainable and active modes of transportation such as carpooling, walking, cycling, and public transit that are healthy for us and the planet!
  
- Bike Commuting Basics Workshop

In this workshop, you will learn what cycling gear and equipment is essential to make commuting to work efficient and fun. Learn about cycling nutrition, mechanics of your bike and begin creating a commuting routine that works for your schedule. Workshop participants can also receive a FREE bike safety inspection and a minor tune-up!
  
- Defensive Cycling Skills Workshop

Do you feel safe when cycling on busy roads? Learn the rules of the road, how to avoid dangerous situations and if you are in one, how to get out safely.
  
- Bike Safety Check

Workshop participants will receive a FREE bike safety inspection and a minor tune-up!

## Commuting Workshop

## Description

### › Learn to Ride a Segway Workshop

Learn how to glide on a Segway - the world's first self-balancing, electric-powered transportation device! This workshop will cover basic operation, safety features, Segway etiquette, as well as the history and future of the machine. Best of all, the trainer will offer Segway test glides to as many participants as time permits. Workshop participants will be required to sign a waiver.

### › Zumaround E-scooterbike Workshop

Test-drive a ZUMAROUND E-scooterbike and learn about its hybrid nature, practicality, ease of use, and maneuverability. Workshop participants will also learn about other features such as care and maintenance, and its simplicity by combining commuting with physical exercise. The instructor will watch for mistakes and correct when required. Workshop duration is 45 minutes and Includes an instructor with 4 ZUMAROUNDS. Helmets will be provided. Workshop participants will be required to sign a waiver.

### › Trail Blazing Guided Ride Workshop

Workshop participants will discover the vast network of trails the City of Mississauga has to offer and learn how to include them as part of a daily commute or leisure ride. This ride can be customized to begin from areas close to your workplace in order to utilize the trail system closest to you. Participants will also learn how to spot hazards on the roads and trails, deal with pedestrian traffic and properly lock their bike. Workshop participants will be required to wear a helmet.

## Commuting Workshop

## Description



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### > Biking in the City Workshop

Haven't been on a bicycle since you were 9? Hoping to brush up on your skills? Join us for Cycle Toronto's (formerly the Toronto Cyclists Union) interactive Biking in the City Workshop. They'll cover the many reasons to ride, address the obstacles to riding, review safe riding techniques, rules of the road, route selection and give you all the knowledge you need to get out there!

### > City Centre Ramble Guided Ride Workshop

Learn how to safely navigate to popular destinations in the City Centre while learning the proper techniques for riding amongst cars and through intersections. This workshop will also review best practices for locking your bicycle. Workshop participants will be required to wear a helmet.

### > Riverwood Roll Guided Ride Workshop

Join our cycling expert for a guided ride to Riverwood Park where participants will have the option to explore trails and find the safest route to this little oasis in the city. Participants will also learn how to spot hazards on the roads and trails, deal with pedestrian traffic and properly lock their bikes. Workshop participants will be required to wear a helmet.

### > Winter Cycling Workshop

This workshop will provide your employees with valuable information on clothing, bike maintenance, and techniques for safe street riding in the winter months. Content may also include the benefits of commuting by bicycle, provincial and local laws that govern cyclists & motorists, route selection, and more.

## Commuting Workshop

- Choose Your Own Adventure Guided Ride Workshop

## Description

Our cycling expert will work directly with you to create a ride that best suits your needs. Perhaps you want to show employees the best roads for commuting, or the safest way to neighbouring destinations or just gather people for a social outing? The workshop instructor will develop a customized ride while incorporating riding techniques, defensive cycling strategies and even some fun bike games! Workshop participants will be required to wear a helmet.

## Health and Wellness Workshop

### Description

#### ➤ Increase Productivity Through Yoga

Stress related conditions are increasing every day and impact the work environment by reducing productivity and morale, increasing turnover, mistakes and injury, raising the cost of employee benefits and increasing worker's compensation claims. This workshop will be an experiential opportunity to notice when the body and mind are experiencing stress and how to relieve it through YOGA. Your staff will learn techniques to use at their desk daily to recognize and melt away stress and show up more fully to achieve the productivity results you desire. All workshops are performed indoors. Mats can be provided upon request. Hosted by Inspire Yoga, each workshop consists of a 15 minute lecture followed by 45 minutes of yoga exercises and theories explained.

#### ➤ Cultivate Business Partnerships & Relationships Through Yoga

Great relationships are key to eliminating market-space limitations. With the awareness, skillfulness and intention of YOGA, you will build stronger relationships within your office thereby increasing the efficiency of your organization. All workshops are performed indoors. Mats can be provided upon request. Each workshop consists of a 15 minute lecture followed by 45 minutes of yoga exercises and theories explained.

#### ➤ Yoga to Build Balance in the Workplace

Our natural state is in balance and, over the years, with the demands of life, work, family, we lose that balance physically, mentally and emotionally. Yoga teaches us to return to our natural state to build more than just strength and flexibility. Your employees will learn specific YOGA poses to relieve the physical discomfort of "chair asana" and eradicate fatigue, generate energy and result in happier, healthier and balanced employees. All workshops are performed indoors. Mats can be provided upon request. Each workshop consists of a 15 minute lecture followed by 45 minutes of yoga exercises and theories explained.

## Health and Wellness Workshop

## Description

- Calm your Monkey Mind and Get Back to Work Through Yoga

Most employees have so many distractions in their minds in a single moment that it becomes challenging to focus and complete tasks with accuracy. This workshop will take your employees on a journey of increased focus and concentration through a series of YOGA poses and breathing exercises specifically designed to increase present moment awareness. See how much more your employees can do in half the time when the monkey mind is replaced with clarity and calmness. All workshops are performed indoors. Mats can be provided upon request. Each workshop consists of a 15 minute lecture followed by 45 minutes of yoga exercises and theories explained.
- Healthy Eating for the Workplace

"Let food be thy medicine!" How and what we eat can impact our health, mood, energy & performance on a daily basis! Eating well at home and at work is key to being and feeling your best! In this presentation you will learn about achieving a healthy balance of carbohydrates, proteins and fats, "superfoods" for mental health and energy, healthy snacking options, and how to eat "out" consciously. Dr. Hill will share with you meal planning tips & recipes for busy people who are on the go. Eating foods that are nourishing and tasty will be well within reach after this workshop!
- Achieving and Maintaining a Healthy Body

This lecture will cover topics such as fueling your body well – what & how to eat to boost energy, common causes of low energy & naturopathic solutions (stress, thyroid function, nutrient deficiency, food sensitivities etc.), common vitamin & mineral supplements used to improve energy, and improving the quality of your sleep.
- Mental Fitness - Understand Stress Before it Gets You!

The lecture will cover topics such as heart health basics: Blood pressure, cholesterol, cardiovascular fitness, risk factors for heart disease, heart-healthy eating, lifestyle tips to prevent and lower your risk of heart disease, and supplemental nutrients for cardiovascular health.

## Health and Wellness Workshop

### Description

➤ Boosting Your Energy Naturally

We can't eliminate all of the stress from our lives, but we can learn how to better manage it! This lecture will focus on strategies that help to reduce stress – everything from lifestyle modifications to herbs & nutritional supplements & dietary strategies. The workshop instructor will discuss how to harness the power of the stress response in a positive way in your daily life. The following topics will be covered: physical signs of stress, understanding adrenal fatigue, lifestyle recommendations to increase stress resilience, herbal therapies, nutrients that help to reduce the effects of stress & optimize performance.

➤ Keep the Beat-  
Preventing Heart Disease

The lecture will cover topics such as what is a Healthy Body Composition, how to lose weight in a healthy way, and how to preserve lean muscle while also increasing the body's metabolic rate, enabling the body to burn calories more effectively each day.

# SustainMobility Workshop Registration Form



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SustainMobility Workshop Registration Form		
Please complete the following form and return to: Jagoda Rozbicka, Manager, Communications & Programming at <a href="mailto:jrozbicka@sustainmobility.ca">jrozbicka@sustainmobility.ca</a> THANK YOU		
Company Name:		
Address:		
City:	Province:	Postal Code:
Contact Information		
Contact Name:		
Position:		
Phone Number:	E-mail Address:	
Workshop Set-up Information		
Workshop Date Requested:		
Alternative Date (1):	Alternative Date (2):	
Workshop Time:		
Workshop Location (Room Name):		
Number of Participants:		
Will your company be providing a pizza lunch for employees during the workshop? Please circle one:		
YES		NO
<i>*Please note: Pizza lunches are available for selected workshops.</i>		

### Additional information:

All workshops are approximately one hour in duration and will take place at a designated workplace. Applicable fee charges may apply. For selected workshops, SustainMobility may request that you provide a conference room with a projector, laptop, internet access and a presentation screen.

Workshops are available on a first come, first serve basis. Please allow for 3-5 business days to receive availability confirmation and a price quote.