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Tips For Working Remotely

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Taking Care of Your Mental Health

In what is most certainly a challenging and uncertain time in the world, many in our industry are to work from home for the next while. While working from home presents opportunities and challenges for the business continuity of our companies, it also presents new challenges in maintaining mental health. Below are highlighted examples of challenges and tips to overcome them from the full document linked here: [Taking Care of Your Mental Health When Working Remotely.pdf](#)

Commonly reported mental health challenges:

- Loneliness and Isolation
- Anxiety, Stress and Added Pressure
- Depression

Tips for maintaining mental health:

- Remember that it's okay not to be okay
- Get dressed so it feels like a work day
- Upgrade your home office
- Communicate with your team frequently
- At the beginning and end of the day, go for a walk to refresh your head and re-enter your home or workspace

Remember to reach out to friends, family,

[information.](#)



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programs provided by your companies, local therapists/psychologists or support lines when you need it.



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YP Event Recaps

YP Mentorship Program Panel Discussion

Panel Discussion: **Project Stages: Achieving Success from Inception to Completion**

The 2nd event of the 2019-2020 ACEC-MB Mentorship Program was held on February 26th at the University of Manitoba. The event was open to both students and professionals, and was attended by 25-30 people. The panel discussed the challenges, opportunities and strategies that are present at different stages of consulting projects from inception to completion. The panel featured four people from member consulting firms:

- Ali Campbell, M.Sc., P. Eng.
 - Transportation Engineer at Dillon Consulting Ltd.
- Joel Alo, P.Eng., CD
 - Senior Mechanical Engineer at SNC-Lavalin Inc.
- Natalie Wilson, M.Sc., P.Eng.
 - Senior Process Engineer at AECOM
- Michael MacKay, P.Eng.
 - Senior Electrical Engineer at KGS



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Group

The discussion was moderated by the YP Committee's own Charlie Pogue (Dillon). The Mentorship team would like to thank the panelists who volunteered their time and perspectives, and all of the mentors who make the Mentorship Program possible.



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ACEC-MB Events

21st Annual ACEC-MB Awards of Excellence in Consulting Engineering Gala

The **21st Annual ACEC-MB Awards of Excellence in Consulting Engineering** has been rescheduled to Tuesday, September 22, 2020 at The Metropolitan Entertainment Centre – 281 Donald Street.



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Tuesday, March 31, 2020

This message was sent by Ryan Kostynuik on behalf of the Young Professionals Committee of the Association of Consulting Engineering Companies Manitoba. If you do not wish to receive electronic messages from the Young Professionals Committee, please contact your office liaison and ask to be removed from the mailing list. We thrive on feedback! For newsletter related questions or comments, please email ypnews@acec-mb.ca.

If you'd like more information on the YPC, please contact our Chair, Samantha Whettell, at yp@acec-mb.ca. For additional information on ACEC Manitoba and the ACEC-MB YPC, please visit our website at www.acec-mb.ca.

Find old copies of the ACEC-MB YPC Newsletter at <https://acec-mb.ca/yp-newsletter/>.

Ryan Kostynuik

ypnews@acec-mb.ca

Young Professionals Committee – Association of Consulting Engineering Companies – Manitoba

P.O. Box 1547, Station Main Winnipeg, MB R3C 2Z4

<http://www.acec-mb.ca/>

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