

MEET ELIZABETH ELDRIDGE



Elizabeth Eldridge is a Certified Psychological Health and Safety Advisor, mental health trainer and Professional Speaker. Following her Bachelor degree at Acadia University, Elizabeth completed a clinical internship in Mental Health Recovery Services at St. Joseph's Hospital in Hamilton, Ontario, which ignited her passion for the field. She returned home to southern New Brunswick in 2008 and started her first of several business endeavours. She also holds a certificate from Queen's University in Workplace Mental Health Leadership and is completing an Advanced Certificate in Psychological Health & Safety in the Workplace from the University of Fredericton.

Elizabeth has played a key role in making mental health education publicly available in the Atlantic region. She has personally certified more than 4,000 Canadians in the Mental Health Commission of Canada's Mental Health First Aid program, delivering various iterations of the training across the country and virtually over 250 times in her ten years as a facilitator. She also regularly instructs both standardized and original programs on topics related to suicide prevention and mental health in the workplace. Her training company, Arpeggio Health Services, boasts a diverse team of facilitators with a wealth of experience, allowing its reach to expand Canada-wide. In her consulting role Elizabeth works with organizations large and small that are striving to optimize workplace mental health to boost productivity, decrease absenteeism and improve employee engagement, retention and workplace culture. Beginning with an assessment of organizational needs she supports companies, non-profits and government agencies in the strategic planning process and implementation of the National Standard on Psychological Health & Safety in the Workplace, Canada's best practice guidelines on workplace mental health.

A sought-after keynote speaker, Elizabeth has taken the stage for conferences and other events hosted by the Workers Compensation Board of PEI, J.D. Irving Ltd., Canadian Mental Health Association of Alberta, New Brunswick Construction Safety Association, NB Power, StandardAero, the Atlantic Institute on Aging and many others. Her poignant message, interactive approach and ability to deliver even the most sensitive subject matter in a way that feels non-threatening and accessible is consistently well received by participants and audiences.

Elizabeth enjoys sharpening her governance skills through volunteer work. She presently serves as Vice President of the Board of Directors for the Alzheimer Society of New Brunswick, as a member Women in Business New Brunswick's Advisory Committee and is on the Board for her local Chamber of Commerce. She is also an active member of the Canadian Association of Professional Speakers.

Elizabeth considers her busy but rewarding work schedule to be a true source of joy in her life but she makes sure to take a regular dose of her own medicine in the form of self care, which she cites in her presentations as a core element of resilience and maintaining good mental health. She identifies the three essential components of her personal "happy place" as a hot cup of coffee, a good book and her best gal pal – her Weimaraner pup, Ruby.