

Are you interested in improving your group facilitation and communication skills?

Are you interested in facilitating a support group?

Are you interested in building more self-awareness?

Come sign up for this free workshop series!



	Session Title	Skills Building Sessions	Date
	Orientation	Syllabus Field questions Goal setting	Wednesday, Oct 12 10am – 11am
1	What is a Safe and Inclusive Space?	What is a safe and inclusive space? Who am I? Creating awareness around biases and judgment Mindfully creating dialogue to foster connection which respects each other's experiences. Importance of responding to biased and stereotyping comments	Wednesday, Oct 19 10am – 12:30pm
2	Emotional Regulation	Change starts with you. Looking at self-awareness and self-reflection as a foundation for facilitation.	Wednesday, Oct 26 10am – 12:30pm
3	Boundary Setting	What are helpful boundaries? The "Awareness Wheel" as a tool for setting boundaries in a group environment. Group scenarios.	Wednesday, Nov 2 10am – 12:30pm
4	Nonviolent Communication	Nonviolent Communication is a modality for communicating in a non-violent manner Embracing compassion and empathy Group scenarios	Wednesday, Nov 9 10am – 12:30pm
5	Conflict Resolution	Having awareness around conflict Group scenarios	Wednesday, Nov 16 10am – 12:30pm
6	Risk Management	How to help participants go through intense life experiences and those who may be at risk What is group ethics? Group Scenarios	Wednesday, Nov 23 10am – 12:30pm
7	Putting it Altogether	Mindfulness Self-care Avoiding burnout What happens now?	Wednesday, Nov 30 10am – 12:30pm

**ORIENTATION ON ZOOM
SESSIONS 1 – 7 ON ZOOM**

Contact Bernice.Lee1@vch.ca to register and for more information
(please include the number 1 in email address)