

### HSA 2017 Pre-Convention Workshops

Workshops will be held on Wednesday April 5th and the morning of Thursday April 6th.  
*Registration for both days is at 8:30, workshops begin at 9:00.*

Choose one workshop:

1. Building Leadership through Diversity

An introduction to issues related to diversity and strategies to help end discrimination based on race, gender, ethnic background, disability, or sexual orientation. This workshop, led by an industry specialist in equity, diversity, and human rights work, will help move participants from recognition and understanding to practical action - in their workplace, and in their community.

2. Navigating the Grievance Process

Following basic training, many stewards request additional training to help them deal confidently with workplace issues. This workshop will help stewards develop their contract interpretation and grievance handling skills. It will help improve their ability to talk to members who have contract interpretation questions and to coach them on how to effectively discuss their issues with their supervisors. We will practice writing grievances and presenting them at step 2 grievance meetings.

3. OH&S - Mental Health First Aid – Two Modules

#### Creating a Supportive Workplace

In this portion of the course members will be trained to understand importance of both individual resiliency and supportive workplace environment for mental health and learn what factors make a workplace more or less psychologically safe and healthy, learning ways that stewards and members can strengthen social support and other protective factors in their own locals and workplaces.

#### Responding with Respect – On the Front Line

Members will be trained to develop effective communication skills to appropriately respond to public and to HSA members who may be experiencing a mental health problem and displaying challenging behaviours.

4. Leadership in Advocacy

Union members must be leaders. In the labour movement, however, leadership is understood in a holistic rather than a reductive sense, involving a mosaic of skills and approaches. This workshop will address this notion of deep leadership and how to improve your deep leadership skills. It will help you develop your ability and willingness to lead and hone your judgements about when to lead in a variety of scenarios.

5. Better Can Happen Here: Change through Politics

A one-day overview of the political landscape heading into the provincial election, how election campaigns work and how you can get involved. Not into party politics? We'll also explore relationships between social issues and provincial politics, and discuss opportunities for HSA members to work with advocacy groups to build a better BC.

**Please note that on Thursday morning all workshop participants will participate in an education plenary. The theme of that plenary will be the provincial election.**

**All courses are subject to change.**