

HSA 2016 Pre-Convention Workshops

Workshops will be held on Wednesday May 4th and the morning of Thursday May 5. Choose one of these workshops. *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 Step One and Two Pre-requisite - Basic Steward Training**

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.

**This workshop was delivered in Regions 1, 2, 8, 9 and 10 in Sept/Oct. 2015

3. Public Speaking: How to Make Your Butterflies Fly in Formation

Speaking in front of an audience can be an intimidating experience, but it is also a very effective way of spreading your message. This workshop will help participants develop the skills and confidence to develop and deliver messages about the value of HSA members, and is an excellent way to prepare for convention debates.

4. Democracy: Participating Effectively

Members participate in many meetings, e.g. as delegates to convention or in Chapter meetings. When they do they are engaging in democracy and can affect their union's operations. The rules of parliamentary procedures help ensure fairness and consistency to everyone participating in meetings. In this workshop members will learn how to run a meeting effectively, the duties of a chairperson, and how the rules of order can provide a democratic and fair process to get the business of the union accomplished. Improve your understanding of convention rules to improve your confidence in speaking persuasively at convention, during debates and impromptu gatherings.

5. Influencing Change: Understanding Politics

Our members' work in health care and community social services is governed by decisions made by the provincial and federal governments. The services you're able to provide to patients and clients, as well as your wages and working conditions, all flow from decisions made by elected representatives and senior ministry staff. In this workshop you will learn who is responsible for what in government, how to influence decision-makers, and how to speak with friends and family about important issues affecting your work.