

Connections

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April 2016

Spring Update

By Randy Grieser

Welcome to our second newsletter! This month you will be introduced to some of our trainers in Saskatchewan and Alberta, Patrick shares a humorous experience, and Eric provides a training tip.

Spring Outlook

Our **public workshop** schedule is seven weeks into the season. In Canada, CTRI public workshop numbers have been exceptional – higher than in the fall. ACHIEVE numbers have been...just okay. There are some big geographical factors for both CTRI and ACHIEVE. Mid-sized cities like Victoria and Ottawa have struggled, especially for ACHIEVE. St. John's, NL has struggled as well (in Sunday's Globe and Mail there was an article titled *The Rock in a Hard Place*). I expect ACHIEVE's public workshop numbers to continue at this pace until there is a recovery in our economy/oil prices/dollar.

The good news is that people are attending our live **webinars** in greater numbers than they have ever before and both companies have a lot of **on-site workshops** scheduled for the spring. We have recently done work with both CSIS and Veteran's Affairs – I am optimistic that we will continue to see more work with the federal government.

The **United States** market continues to be very weak for us. Our success with public workshops is less than it was in the past. We do see a big increase in people purchasing our webinars, resource manuals and even on-site training.

New Workshops

We have new workshops being created between now and the fall:

- **Borderline Personality Disorder** – Understanding and Awareness (written by Sheri Coburn)
- **Understanding Mental Illness in Children and Youth** (written by Trish Harper)
- **Working in Social Services** – The Essential Skills (written by Vicki Enns)
- **Managing Mental Health in the Workplace** – Rights and Responsibilities (written by Trish Harper)

There are also numerous manuals being tweaked and edited this summer. Some of the titles will change as well.

On a personal note, I'm happy that spring is here and I'm enjoying my continually improving health. While I'm not entering any bike races this year, I anticipate some nice Sunday afternoon rides and some tennis games with Heidi this summer.

Tales From the Road

By Patrick Parent

One of my first trainings happened in London, Ontario where I was facilitating Dealing with Difficult People to a large crowd. I had arrived early (which meant that I had left the house in a rush around 5:30am) and had everything set up and ready to go for 8:00am...WHEW! I sighed a long breath of relief! Randy would have been proud of me. I was determined to do everything perfectly. So as the introductions began and the group started to jive, the fun comments started. "Are you from a farm?" Well no, I said but I was raised on a farm. A few people quietly snickered. A little while later, I fielded another question asking me if I knew about a "certain barn door that was open"? Confused, and now aware (my EI was on overdrive) that something was amiss, I noticed a kind gentleman directing his gaze towards my zipper. YEP! I forgot to close the barn door. I was HORRIFIED! I calmly turned around, directed people to read the screen, and zipped my door closed. The multi-tasking nature of training requires you to move on quickly. I recovered, and to my surprise not many noticed the barn door. I always come more prepared now.

Meet Our Trainers

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Every issue we'll introduce you to some of the creative and enthusiastic people that staff our office and facilitate our workshops. We've asked them to answer a few questions to help you get to know them better.

This issue we present (some of our):

Saskatchewan & Alberta Trainers!



Amber Harding

Calgary, AB

Has trained with us for 3 years

Amber is a Registered Psychologist, with a Master's in Marriage and Family Therapy. In clinical practice, she works with children, adolescents, and adults with psychological problems, high risk behaviors, substance

use disorders, and relational problems. She also works in the area of child protection, specializing in parenting capacity assessments.

What is your favourite workshop to facilitate?

My favorite are the ones I have taught multiple times. I like that the information flows easily and I can focus on the audience rather than the material.

If you could only have coffee, chocolate or alcohol which would it be and why?

I love drinking coffee. I'm not always even sure I love the taste, but I love the routine and the smell. Something about it puts me at ease.

What is something you still hope to accomplish?

I would like to get my PhD. I am working on an application right now.

What does your dream vacation look like?

I just went on the vacation of a lifetime. I got to be on the gorgeous island of Bali for three weeks with my guy. We had the pleasure of doing a Sunrise Trek to see stunning waterfalls, taking a delicious cooking class, snorkeling, exploring the Hindu religion, and enjoying each other's company.

Michael Bevan

Edmonton, AB

Has trained with us for 3 years

Michael works as the Manager of Media & Public Relations with the Building Trades of Alberta. This organization coordinates and promotes the interests of 16 Alberta trade unions whose 75,000 members work in the residential, commercial and industrial construction, maintenance and fabrication industries.



What is your favourite workshop to facilitate?

Tough question. DDP because it is really easy to get people engaged and talking – everyone knows a difficult person or two.

Given the choice of anyone in the world, whom would you want as a dinner guest and why?

Sir Anthony Hopkins, with some fava beans and a nice chianti!

If you could only have coffee, chocolate or alcohol, which would it be and why?

Alcohol. I don't like coffee, and 90% of the chocolate commercially available currently, includes child slave labour in its supply chain (bummer of an answer, sorry).

If you could wake up tomorrow having gained one quality or ability, what would it be?

If we are talking superpowers, I would want power over time, so as to better enjoy the good times in my life. If we are being realistic, I would want the ability to be an amazing cook – just to implicitly know what tastes best with what and to be able to prepare it perfectly.



Lana Dunn *Calgary, AB*

Has trained with us for 1.5 years

Lana works with Alberta Health Services as a Family Counsellor in a school-based program, counselling and consulting with youth. She also facilitates consultation and training with Husky Oil in Alberta. Finally, she supervises several students who are completing their hours to be licensed psychologists in Alberta.

What is your favourite workshop to facilitate? Without a doubt it is the Mindfulness workshop. It is such a positive workshop, people are always so engaged, and so very experiential.

What is something you still hope to accomplish? 2 things: finish writing my book, and run a half marathon. Neither of which seems particularly attainable right now!

If you could only have coffee, chocolate or alcohol, which would it be and why? I don't drink coffee, and while I love chocolate, I would pick a lovely bottle of red wine! I've taken wine tasting classes and toured around Napa Valley – a good bottle of wine has such a complexity of flavours and is a great partner of great food!

What does your dream vacation look like? Anywhere on the beach and in the sun! Someday I dream of travelling to India, but that is more of a 'journey' than a 'vacation'.



Trish Harper

Saskatoon, SK

Has trained with us for 3 years

Trish works as an investigator with the Saskatchewan Human Rights Commission. She also works as an adjudicator for the Saskatchewan Assured Income for Disability (SAID) program. Finally, she maintains a small private practice in which she consults with families and children.

What is your favourite workshop to facilitate?

On any given day, I could answer this in 5-6 different ways! For CTRI, my favourite is the Trauma workshop. The material is so relevant and so needed for so many people. For ACHIEVE, my favourite is Assertive Communication. It is such a treat to see so many people having 'aha' moments and taking back their own power.

If you could only have coffee, chocolate or alcohol, which would it be and why? Chocolate because it is the perfect combination of bitterness, caffeine, and sugar. It satisfies all needs and can be carried in your purse!

Given the choice of anyone in the world, whom would you want as a dinner guest and why? I think it would be just great to have the Dalai Lama as a dinner guest. I would like some of his genuine happiness and joy to rub off on me.

What is your favourite book? The Autobiography of Malcolm X, it absolutely inspired me in my own quest for social justice in this crazy world of ours.



Janelle Jackiw

Regina, SK

Has trained with us for 2.5 years

Janelle is the Director of Corporate Affairs with the Saskatchewan Ministry of Justice – Corrections and Policing. She also teaches part time at the University of Regina in the Department of Justice Studies and the Department of Sociology. Additionally, she has a private practice as a clinical counsellor where she works with children, adolescents and adults dealing with mental health concerns, behavioural issues, and overall issues related to wellness.

What is your favourite workshop to facilitate?

The workshops dealing with mental health issues, because I think it is important to not only share information but to provide practical strategies for professionals and care-givers to work more effectively with their clients and those in their care.

What is one of your hobbies/what do you do for fun? I run 2 half marathons a year. The Queen City Half Marathon in Regina, and the Las Vegas Half Marathon (a little treat for myself!). This year I completed my 10th half marathon!

If you could only have coffee, chocolate or alcohol, which would it be and why? Oh, this was such a hard question since coffee and wine are two of my favourite drinks! I would likely pick alcohol – I love a good glass of wine in the evening!

If you could wake up tomorrow having gained one quality or ability, what would it be? The ability to be more relaxed and laid back. I am always on the go and it takes me a long time to unwind and relax (maybe why I like wine!). I am working on meditating until I acquire this ability!

ERIC'S TRAINING TIP!

Get Local!

One of my favourite Canadian entertainers, Stuart Mclean, does a masterful job of connecting with his audience wherever he takes his radio show. He begins his monologue with a story about something he discovered while walking the streets of the town or city, something about a historical figure or event that has meaning to the community, and the audience loves it. I believe we can do the same when we do on-site work for organizations and communities.

Here is what I do when I can:

- I read the website of the organization or community that I am visiting
- I try to go for a walk on the evening I arrive and note what I see
- I try to eat at a local or prominent restaurant in the area
- I pick a local paper and read what I can

Then I begin my training day with a short story about arriving in town and discovering, noticing, eating at, appreciating, etc. The participants love it. They now know they can trust me. I have taken the time to learn about them, and we are off to a great start.