

Connections

Volume 3, Issue 4

June 2019

Randy's Thoughts



from Randy Grieser, CEO

Winter & Spring Review

We have had a very busy spring season. As reported in great detail in previous newsletters, public workshop attendance continues to trend down, while our on-site training has skyrocketed this year. Interestingly, in contrast to our public workshop numbers, our on-demand webinars and workshops and our live stream and live webinar trainings are moving in the opposite direction as interest continues to grow in these areas. Also growing is our consulting work, which Eric will report on later in this newsletter.

The Summer Months

Another season is winding down for us. And by "season," I am referring to our trainings that run from September to June. We are, however, seeing an increasing amount of on-site training requests in the months of July and August.

Summer is also when we offer our intensive certificate programs. This year, we have decided to hold two of them outside of Winnipeg. We will be offering our 5-day Conflict Management Skills and 10-day Crisis & Trauma Response certificate programs in Calgary. Like last year, we will offer the 5-day Leadership & Management and the 10-day Mental Health Counselling Skills certificate programs in Winnipeg. As trainers, these intensive programs offer a unique opportunity to really connect with participants and the material over a concentrated period of time. In the summer, we also offer two different retreats in Canmore, Alberta.

Our staff professional development training also takes place in the summer. This year, we will be spending time exploring our role in the reconciliation process. Noella, a trainer from Regina, will be taking us through some discussion and exercises geared towards helping us increase awareness of Indigenous perspectives on reconciliation. We will also be spending some time working with our own Trauma-Informed Care material.

And finally, summer is the time when our staff takes vacations. There are a few more weeks when most everyone will be in our office, but then we scatter for our summer holidays. Some are staying local while others are going to locations like Vancouver and Montreal.

Election Worries

I await this fall election with some concern. Regardless of what your political stripe is, a conservative government is never good for the training business. I'll admit that at this stage, I'm feeling a bit like the *glass is half empty*. But maybe things will work out alright?

Personal Note

There are some big changes ahead for the Grieser household. Heidi is back at school full-time studying Kinesiology, while Ben graduates from high school with a wide-open future in front of him – but there are still a lot of question marks about what that actually means come September. And our daughter has decided to spend her last two years of high school at a boarding school in Scotland. Talk about transitions!





Exciting News from ACHIEVE Publishing!

by Vicki Enns, CTRI Clinical Director

Counselling Book

Creative juices are flowing for two new exciting book projects. Following in the footsteps of Counselling Insights, work has started on the next CTRI book, informally titled Counselling in Relationships - Insights for Helping Families Develop Healthy Connections. We will have 10 authors each writing a chapter sharing their insights, ideas and excitement for working with blended families, couples, single parents, and many more topics related to working with family relationships. Our aim is to have this book ready to release August 2020. There might be a few of you we tap on the shoulder to do a pre-read for us to help make this book successful, so stay tuned!

Children's Book

The second project is a new experience for us – we are collaborating with Curtis Wiebe to write a children's book. Curt is bringing his creative mind and spirit to develop a story, and create beautiful illustrations to provide a resource for children, parents, caregivers and counsellors working with children. We are still searching for the right title, but I can tell you it involves a child who experiences the loss of a favourite uncle, and in the words of the author: "Together they embark on an adventure through a snow-covered land where they encounter a magic candle, a living stuffed toy, and a goblin, before finally meeting the unstoppable giant that is Death." We're excited to see where this new adventure takes us all. This book will be available in December 2019.

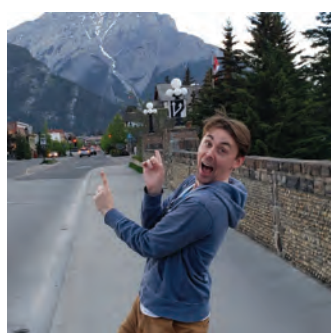


Farewell and safe travels to two of our staff members!

We are always sad to see our valued colleagues move on, but we are excited for them and the opportunities that await them. Karla, our former Print Shop Coordinator and long-time staff member, has embarked on the trip of a lifetime! Below, you can see her on the island of Crete! She certainly looks happy.

To the right of Karla, you'll see Rylaan, our former Video Projects Coordinator. He's just arrived in Banff, where he'll spend a year working on his craft at the Banff Centre through an internship program. He looks like he's feeling pretty awesome as well.

All the best to both of them!



New CTRI Workshop! Dialectical Behaviour Therapy

by Nathan Gerbrandt, CTRI Director of Training

As we do every spring and summer, we listen to participant and trainer feedback about our workshop topics - what's missing and what's needed. This summer we're working with Nadine Groves from Victoria, BC to develop a new CTRI 1-day workshop, Dialectical Behaviour Therapy – Balancing Acceptance and Change. It'll be delivered first publicly in October and December 2019 and available for on-site in the fall. Check out more [here](#) for what the course will offer.

We continue to work with Noela Crowe-Salazar, Cindy Deschenes, and Vicki Enns on the development of a Reconciliation - Personal and Community Action Plan (title still being finalized) to be ready for winter 2020.

Meet our Trainers

Every issue we introduce you to some of the creative and enthusiastic people that work with us. We've asked them to answer a few questions to help you get to know them better.

This issue we present:



Laval Martin

Ontario

In addition to working with CTRI, you might find Laval playing chess or having philosophical discussions with friends over beer. That is, when he can find the time between all of his other commitments!

What do you do beyond training with CTRI/ACHIEVE?

In addition to facilitating training, I have a private practice, delivering Dialectical Behaviour Therapy. I teach self defense. I run a monthly Beer and Philosophy Night (May was our 5th anniversary).

What is your favorite CTRI/ACHIEVE workshop to deliver and why?

De-escalating Potentially Violent Situations™. It fits well with my self defense training and I have a lot of experience facilitating workshops of this nature.

How many years have you trained with CTRI/ACHIEVE?

One year.

What is one of your hobbies/what do you do for fun?

I really enjoy playing chess. I was on the chess team in high school.

What is your favourite book?

I really love "The Name of the Wind" and its sequel "Wise Man's Fear!" I also really enjoyed the children's series Chronicles of Ancient Darkness!

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

Hmmm, while I'd love some fantastic abilities like telepathy or teleportation, I usually think I'd prefer to never need sleep.

What animal best represents you and why?

A raccoon. They're clever and they're dexterous, despite their ungainly appearance and awkward gait. Unlike raccoons, I'm a morning person, however.



Briar Schulz

British Columbia

In addition to working with CTRI, you may find Briar, power sander in hand, happily refinishing furniture. She's also working to establish a non-profit for families of children struggling with life threatening diseases.

What do you do beyond training with CTRI/ACHIEVE?

When I am not training with CTRI/ACHIEVE, I am teaching full-time at Kwantlen Polytechnic University as well as counselling in private practice.

What is your favorite CTRI/ACHIEVE workshop to deliver and why?

Well, I am still very new so my current favourite would be the Anxiety workshop, because I think it offers a lot of excellent tools for a very diverse audience.

How many years have you trained with CTRI/ACHIEVE?

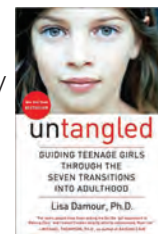
I'm currently in my first year :).

What is one of your hobbies/what do you do for fun?

I took up refinishing furniture a couple of years ago and discovered power tools...using a power sander is the MOST therapeutic thing I have ever done in my life!

What is your favorite book?

There are so many but my most recent favorite is "Untangled" by Lisa Damour talking about the mother/daughter relationship from adolescence to adulthood.



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

As a counsellor, I would want the ability to read people's minds, LITERALLY!

What is something you still hope to accomplish?

I am in the very beginning stages of founding a non-profit for families of kids with cancer and other life threatening diseases. The focus is on mental health. This needs to be fully operational for me to say it is an accomplishment.

Staff Moments at CTRI/ACHIEVE





Reflections Reflections

by Wendy Loewen, Director of Training for ACHIEVE

Several weeks ago I packed up my home office. It took much longer than planned. I reread cards from clients, decided which books to keep and which to send to the thrift store, looked over workshop notes that were ten years old, and sorted through business cards from on-site contacts. Today, the books and cards have a new home in my office at 120 Sherbrook, and rather than hearing the hum of the dishwasher as I do my daily work, I hear the voices of staff chatting with each other and on the phone with clients. It has been one month in my new role as Director of Training. My office is still not completely set up, but I am settling in.



Highlights from our Annual CTRI BBQ!



ACHIEVE Consulting Update

by Eric Stutzman,
Managing Director of ACHIEVE

Over the past six months we have noticed a significant uptick in the number of consulting requests, particularly in BC and MB. Requests have included strategic planning, workplace climate assessments, workplace violence risk assessments, interpersonal mediation, and conflict resolution coaching. The volume has led us to the conclusion that we need to be more organized about how we resource our consultants and do the work, in the same way that we have done for workshops. To that end, we hosted a two-day meeting in Winnipeg on June 6 & 7 with some of our key consultants from around the country. Our hope is to create structure for our consulting processes and to learn together. Stay tuned for more updates.

Meet our Newest Staff members



Jessica Seburn

In addition to being our new Social Media Coordinator, Jessica has published a book about grief, and enjoys doing stand-up comedy. One day, Jessica hopes to be able to teleport and/or travel by train or boat.

How long have you worked at CTRI/ACHIEVE?

I started work in February of this year.

What is your favorite part of working at CTRI/ACHIEVE?

My favourite part of working at CTRI/ACHIEVE is the incredible workplace culture and the people I get to see every day.

What is one of your hobbies/what do you do for fun?

I love writing and performing stand-up and sketch comedy. Winnipeg has a diverse and growing comedy scene, check out some local shows!

What is your favorite book?

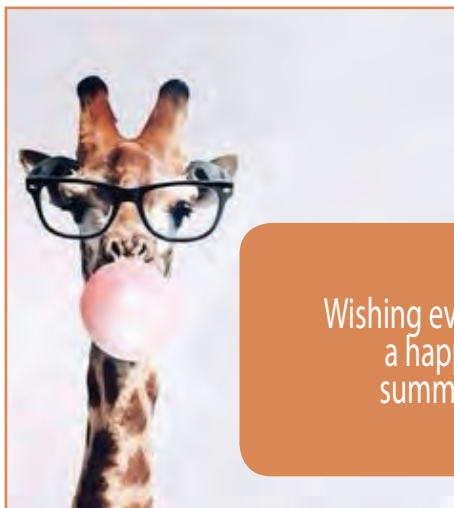
*Currently, my two favourite books are *The Year of Magical Thinking* by Joan Didion and *Daring Greatly* by Brene Brown.*

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

One quality I would like to have is the ability to hyper-focus on something. Distraction is a real issue in my life. I can't even sit and watch an entire movie. Also, if I could teleport anywhere instantly, that would be awesome.

What does your dream vacation look like?

Travelling across Europe by train and boat, talking to locals and sampling the cuisine and soaking in culture while endlessly writing stories and taking photos.



Wishing everyone
a happy
summer!



Alexis Johnston

Alexis is a vegan and an artist. In addition to working at CTRI in the role of Public Workshop Coordinator, Alexis loves outdoor life - hiking and hanging out with animals, in particular, her mutt, Cvet.

How long have you worked at CTRI/ACHIEVE?

Since March 7, so just over 3 months.

What is your favorite part of working at CTRI/ACHIEVE?

My favourite part is seeing, every day, the integrity this company has in the way it treats its customers, its mission, and its staff.

What is one of your hobbies/what do you do for fun?

I enjoy being active, drawing and painting, being around animals/working with animals.



What does your dream vacation look like?

My dream vacation would involve fancy vegan food, some heckin' good nature hikes (waterfalls/mountains/etc), good friends, and something exciting like deep sea diving or cave crawling.

What is something you hope to accomplish?

I hope to go back to university to study something in animal sciences or ecology.

What animal best represents you and why?

My mutt Cvet. He is me and I am him.



Eric and Randy at a Manitoba Human Resources Association event - when a fellow staff member is struggling, someone is always ready to help. Remember, 'Start with Empathy'!

New Staff members cont'd...



Jesse Wolfe

Jesse is our new Print Shop Coordinator. When they're not in the print shop, they may be found in a workshop building all sorts of amazing things out of wood. This summer, Jesse and Moses (see image below) might be found lazing at the beach sipping something cool.



Luke Whitmore

Luke is our new Video Projects Coordinator, and fittingly, dreams about having dinner with his favorite film director. He'd also love to write and direct a feature film, one day - he might find some interesting material to include, right here at CTRI!

How long have you worked at CTRI/ACHIEVE?

I've been with CTRI/ACHIEVE for about 2 months.

What is your favorite part of working at CTRI/ACHIEVE?

My favourite part about working with this organization has been the people. Everyone is caring and compassionate. It is a joy to work here..

What is one of your hobbies/what do you do for fun?

One of my hobbies is woodworking; building tables, shelves, jewelry boxes, etc..

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

My choice is alcohol. Sippin cool ones on the beach in summer and warming up by the fire with some whiskey.

What does your dream vacation look like?

My dream vacation is to travel to Ireland, pub hop, drink Guinness, and dance to the music.

What animal best represents you and why?

The animal that best suits me (specifically) would have to be my cat Moses. We both enjoy basking in the sun, and relaxing.



How long have you worked at CTRI/ACHIEVE?

I've just recently started working here since the beginning of May 2019.

What is your favorite part of working at CTRI/ACHIEVE?

My favorite part about working here at CTRI/ACHIEVE is the great work environment. Everyone is incredibly kind, supportive and easy to communicate with. I also love being able to operate a camera and edit video content for people and organizations looking for an accessible way to learn about the many topics we cover..

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

I'd have to say nothing's better than cracking a bottle of beer after a long day of work. A red wine goes hand in hand while reading my favorite book "IT" as well..



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

If I had to choose, I'd pick one of my favorite film directors, Paul Thomas Anderson. That way, I could pick his brain over a glass of wine and steak.

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

To be incredible tech savvy, so I don't have to worry about any technical errors at work.

What is something you still hope to accomplish?

One of my dreams is to have eventually written and directed my own feature-length film.

From all the staff at CTRI/ACHIEVE, we hope you have a sunny, relaxing, and mosquito-free summer!



Giving Back

We value our local community and are intentional about giving back to it. We support two local non-profits with free and reduced fee training:

Ndinawemaaganag Endaawaad Inc.

CTRI is continuing our sponsorship of Ndinawemaaganag Endaawaad Inc. a Winnipeg based non-profit agency serving street-affected youth in Winnipeg. This spring, Nathan Gerbrandt and John Koop-Harder took their staff through a series of trainings on improving their de-escalation and debriefing skills, as well as building a trauma-informed culture.

Rainbow Resource Centre (RRC)

RRC is a Winnipeg based non-profit agency offering support to the LGBT2SQ+ community. We provide their staff with free and reduced fee training. CTRI also sponsors a table at the Rainbow Resource Gala each spring and this year was no exception - always a fun evening!



Women's Health Clinic

Heidi Grieser and Vicki Enns again represented CTRI at the Women's Health Clinic fundraising event that we sponsored. CTRI sponsored one of the Chefs. The event included appetizers, sweets (all made by female chefs from Winnipeg), and wine pairing.



Canadian Mental Health Association: Ride Don't Hide Event

Last June, some of our staff supported the local Canadian Mental Health Association by participating in a bike ride fundraising event. There are plans underway for a group to head out again this year on June 23 to support this national event.



She Wore Flowers In Her Hair

This year, CTRI supported the event, *She Wore Flowers in her Hair* at the Kelburn Recovery Centre in Kelburn, MB. CTRI staff Alexis and Lori, organized a table where they gave away our 'Start with Empathy' t-shirts, stress balls and resource materials. This event aims to raise awareness, spread love, and create a community for people to talk mental health. Even in the rain, this was an awesome day!

