



HOSPITAL EMPLOYEES' UNION

PROVINCIAL OFFICE:

5000 North Fraser Way, Burnaby, BC V5J 5M3 • TEL: 604-438-5000 • FAX: 604-739-1510 • WEB: www.heu.org

February 24, 2023

Secretary-Treasurers

Dear Sisters, Brothers, and Friends:

Re: Transforming Workplace Conflict Workshop Series 2023

HEU is inviting you to apply to a five-day online workshop **Transforming Workplace Conflict**.

Dealing with conflict at your workplace or within your local union can be challenging, but if addressed effectively, it can lead to greater solidarity. This workshop is for local leaders who want to gain skills and practice techniques to be more effective at transforming conflict.

This online workshop is a combination of *HEU's "Essential Skills for Transforming Workplace Conflict into Union Activism"*, paired with *Anima Leadership's "Brave Conversations- Transforming Workplace Conflict"*.

During five days of online sessions, through a variety of interactive activities and information sharing, participants will:

- Reflect on ideas and feelings around conflict and how they respond
- Gain a better understanding of different styles for dealing with conflict and identify their go-to style
- Practice skills for deep listening and communicating during conflict
- Explore techniques to respond more effectively during conflict
- Consider the nature and cultural dynamics of conflict
- Explore the role that power, and our social identity plays in conflict situations
- Learn about conflict models and use these models to practice moving from positions of interests to generating options for solutions.
- Explore ways of transforming conflicts into union activism
- Play with images, stories, and metaphors to navigate conflict
- Have time to rejuvenate and re-energize

.../more

This workshop is made up of five full-day sessions spread out over a four-week period.

Participants must be available to attend all five days from 9:30 a.m. – 3:45 p.m.

<u>Session</u>	<u>Location</u>	<u>DATES</u>	<u>Time</u>
Session 1/4	Online	May 3, 2023	9:30 a.m. –3:45p.m.
Session 2/4	Online	May 4, 2023	9:30 a.m. – 3:45p.m.
Session 3/4	Online	May 11, 2023	9:30 a.m. –3:45 p.m.
Session 4/4	Online	May 18, 2023	9:30 a.m. –3:45 p.m.
Session 5/5	Online	May 25, 2023	9:30 a.m. –3:45 p.m.

Please fill out the attached application form and return to the **Provincial Office Attention: Morgan Dymond**, Education and Human Rights Department. Please return only **ONE** copy of the application – either by mail, email to MDymond@heu.org or fax at 604-739-1510 **no later than Monday, April 3, 2023**. Alternatively, an online form is available on our website at www.heu.org.

We will contact successful applicants by email to confirm further details. Please ensure the email address on your application is current and is your primary email contact where we will send information regarding the workshop. Once applicants have been notified, they will need to apply for Union Leave, where applicable.

If you have any questions regarding this workshop, please contact **Morgan Dymond** by **phone: 604-456-7160**, Toll Free **1-800- 663-5813 local 7160** or email mdymond@heu.org.

In solidarity,



Meena Brisard
Secretary-Business Manager

Attachment

cc: Chairpersons
Provincial Executive
Reps and Directors