



January 30, 2025

Secretary-Treasurers

Dear Union Family:

**Subject: Free Your Voice – Stand Your Ground (Online)**  
**Revised New Dates**

It can be challenging to speak up for rights and justice in the workplace or in the community while staying grounded. This one-day, online workshop uses exercises including storytelling, theatre, voice and simple movements to:

- gain vocal techniques to free your voice and speak with strength and clarity;
- learn skills to move nervous energy to a calm and grounded presence;
- practice and gain confidence speaking on matters of importance related to workplace rights and justice; and
- have fun, while supporting each other to speak up and stand your ground.

This one-day workshop is being offered on the following dates:

WORKSHOP DATE	LOCATION	DEADLINE
March 25, 2025	Online	February 14, 2025
March 27, 2025	Online	February 14, 2025
April 15, 2025	Online	February 14, 2025

Completed applications should be addressed to the attention of Kim Turton and submitted by email to [education@heu.org](mailto:education@heu.org) or fax 604-739-1510. Alternatively, an online fillable form is available on our website at [www.heu.org](http://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. Please do not use your employer's email address. Once applicants have been notified, they will be required to apply for a leave of absence for union business, where applicable.

If you have any questions regarding this workshop, please contact Kim Turton by phone at 604-456-7068 or by email at [education@heu.org](mailto:education@heu.org).

In solidarity,

A handwritten signature in black ink, appearing to read "Bueckert", with a stylized flourish at the end.

**Lynn Bueckert**  
Secretary-Business Manager

Attachment

cc: Chairpersons  
Reps and Directors  
Provincial Executive