



January 23, 2025

Secretary-Treasurers

Dear Union Family:

**Subject: Staying Steady Under Pressure 2025 Workshop**  
**REVISED DATE-Prince George, September 3**

It can be challenging to speak up for rights and justice in the workplace or in the community while staying grounded. This one-day, in person 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
April 8, 2025	Nanaimo	February 18, 2025
May 13, 2025	Nelson	March 25, 2025
<b>September 3, 2025</b>	<b>Prince George</b>	<b>July 22, 2025</b>
October 2, 2025	Kelowna	August 14, 2025
October 22, 2025	HEU Provincial Office	September 3, 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, cursive script.

**Lynn Bueckert**  
Secretary-Business Manager

Attachment

cc: Chairpersons  
Reps and Directors  
Provincial Executive