

Staff Association is pleased to offer workshops on **The Daring Way™** based on the work of Brené Brown with Dr. Carolyn Anderson and **Bully Free at Work with Valerie Cade** on Monday, April 17, 2017 at The Glenmore Inn and Convention Centre (2720 Glenmore Trail SE). This is a non-instructional day and David Stevenson, Chief Superintendent and his team, have kindly allowed us to use this day for this event.

Workshop #1	The Daring Way™ based on the work of Brené Brown with Dr. Carolyn Anderson Exploring what gets in the way of us showing up, being seen and living brave in our lives
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What you'll learn in the Daring Way™:



- The critical role that vulnerability plays in our lives and how our willingness to show up and be seen supports our journey to practice courage in our home, relationships and at work.
- How the four major myths of vulnerability undermine our bravery.
- How fear, blame and scarcity drive "I am not enough" and how self-worth is tied to our willingness to show up in our lives.
- How shame works and the four elements of shame resilience.
- Actionable strategies for embracing vulnerability that can help transform the way we live, love, parent and lead.

Sometimes the bravest and most important thing you can do is just show up.

- Brené Brown

PS: Prior to the workshop you may want to review Brené Brown's TEDTalk on the power of vulnerability:

https://ted.com/talks/brene_brown_on_vulnerability

Workshop #2	Bully Free at Work by Creating a Respectful Workplace with Valerie Cade The facts and strategies you need to know about coping with and stopping workplace Bullying
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What can you do when 'extending the olive branch' doesn't seem to work anymore? Handling workplace bullying is actually 180% different than 'working with a difficult person'. Traditional conflict resolution does not work when dealing with someone who is highly oppositional. That's why this session is different.



Here's What You Will Learn And Experience:

- What is Workplace Bullying *exactly*?
- How is workplace bullying different from working with a difficult person?
- How to determine if you are being bullied or not -- and what to do about it.
- The approach to take with a difficult person vs. a bully -- they are different!
- What motivates a bully? Why do they do it?
- The top common bullying tactics used and how you can overcome them.
- What to do if you are a target: specific steps to cope and gain your confidence back.
- The best thing you can do to help someone else who is being bullied.

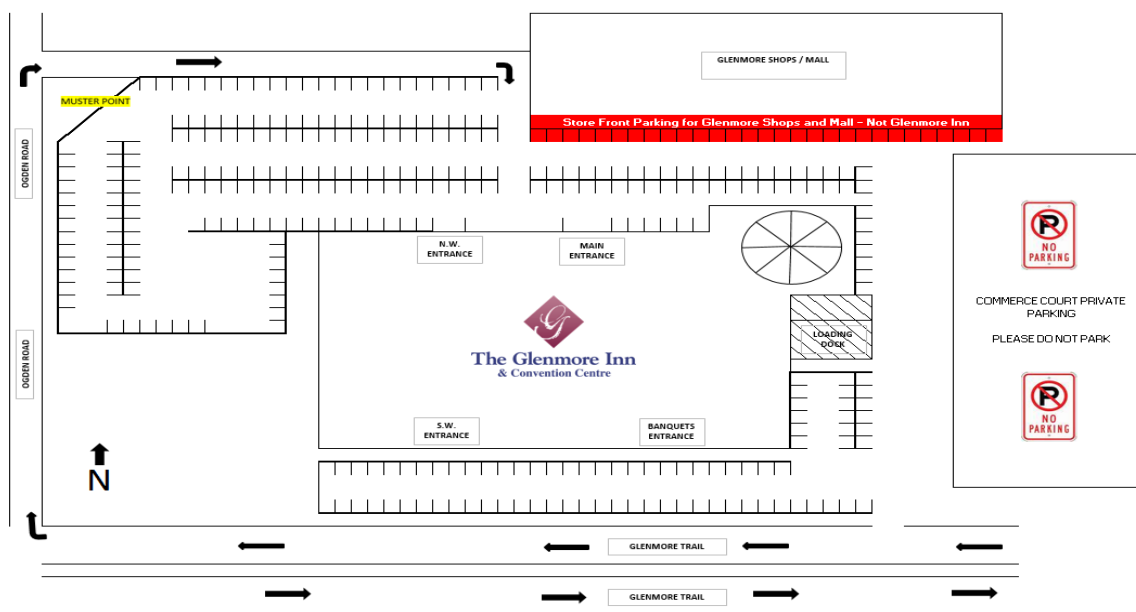
Gain the full awareness, hope and implementation to help stop workplace bullying and disruptive behaviours both personally and organizationally. It restores hope and gives inspiration how to create a respectful workplace with sustainability.

PS: Valerie's Workplace Bullying segment on Calgary Breakfast TV:

<http://www.youtube.com/watch?v=UMij061Dn8o>

The workshops are free of charge to Staff Association Members and pre-registration is required. The workshops will each run from 9:00 am until 3:30 pm and we have room for 100 members in each workshop. *Pre-registration will begin on Thursday, March 16th at 6:00 p.m. through the Member Log-In on our Website (www.staffassociation.ca) under the 'My Workshops' tab.* If you require assistance setting up your Member Profile so that you can register, please call Dawn Scott, our Administrative Assistant, at 403.242.7555 ext. 0 or send her an email to dawn@staffassociation.ca.

- **As pre-registration is required for these workshops, check-in for registrants will begin at 8:15 am on Monday, April 17th at The Glenmore Inn with the workshops starting promptly at 9:00 am.**
- Lunch will be provided in each of the workshops (soup of the day, garden salad, assorted sandwiches).
- The Glenmore Inn offers ample parking and request that workshop attendees park in their designated stalls only:



Both Carolyn and Valerie will have books etc. available for purchase at their workshops.