# TRAIN the TRAINER In-Person Schedule

#### Location:

Sheraton Cavalier Calgary Hotel 2620 32 Ave NE, Calgary, AB, T1Y 6B8 **Instructor:** Françoise Mathieu, M. Ed., RP **Special Guest:** Diana Tikasz, MSW, RSW

# DAY 1 | Mon, Apr 22, 2024 | 8:30am - 4:30pm MT

#### **Morning Session**

# The Foundations of an Empathic Strain & Secondary Trauma Workshop

What are your prior experiences as a trainer? What are your goals? We begin the program with an assessment of strengths and challenges, then explore the educational and experiential goals of a successful secondary trauma workshop.

#### **Afternoon Session**

#### Lessons Learned: Essential Tips for Presenters

Françoise shares her top lessons learned over her 25+ year career. We also explore delivery modalities for specific audiences and the latest research on secondary trauma and empathic strain.

# DAY 2 | Tues, Apr 23, 2024 | 8:30am - 4:30pm MT

#### **Morning Session**

#### **Building Your Presenter Toolkit**

How do we integrate self-care and grounding skills into our workshops? We discuss the neurophysiology of the pandemic on helping professionals and learn best practices for presenting the "business case" for trauma-informed education.

#### **Afternoon Session**

#### **Organizational Health & Your Next Steps**

We explore the basics of organizational health and how these concepts relate to secondary trauma education. We also learn how to perform a needs assessment and build an action plan for next steps.

### **ONLINE SESSIONS**

#### Virtual Q&A Session I | Thurs, May 23, 2024 12:00 PM - 1:15 PM MT

After getting a chance to test out your skills, we reconnect to check-in with one another. How is it going? What worked and where do we go from here?

#### Virtual Q&A Session II | Thurs, Aug 22, 2024 12:00 PM - 1:15 PM MT

Our final check-in for the program. What are the next steps for you as a trainer?

www.tendacademy.ca



Info@tendacademy.ca

# TRAIN the TRAINER In-Person Schedule

#### Location:

Sheraton Cavalier Calgary Hotel 2620 32 Ave NE, Calgary, AB, T1Y 6B8 **Instructor:** Françoise Mathieu, M. Ed., RP **Special Guest:** Diana Tikasz, MSW, RSW

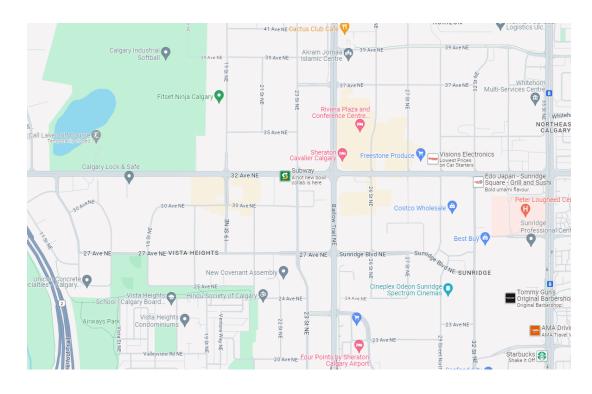
# WHAT TRANSPORTATION OPTIONS ARE AVAILABLE?

The training venue is located only 11km from the Calgary International Airport. <u>Visit the airport</u> <u>website</u> for an extensive list of ground transportation options following your arrival.

# WHERE SHOULD I STAY?

Participants can <u>book accommodations directly at the venue</u>. There are also many other hotel options within walking distance including:

- <u>Hampton Inn & Suites by Hilton Calgary-Airport (15 mins)</u>
- Riviera Plaza and Conference Centre Calgary Airport (3 mins)



www.tendacademy.ca

Info@tendacademy.ca