

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?

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WHAT TRANSPORTATION OPTIONS ARE AVAILABLE?

The training venue is located only 11km from the Calgary International Airport. [Visit the airport website](#) for an extensive list of ground transportation options following your arrival.

WHERE SHOULD I STAY?

Participants can [book accommodations directly at the venue](#). There are also many other hotel options within walking distance including:

- [Hampton Inn & Suites by Hilton Calgary-Airport](#) (15 mins)
- [Riviera Plaza and Conference Centre Calgary Airport](#) (3 mins)

