



## PROGRAM WORKSHOPS



### A— John Schneeberger—Breathing with Intent

Meditation has been long utilized by many cultures, to bring peace and tranquility to the body, mind and soul. In recent years, it has been proven, that meditation and breathing exercises not only enhances our mental wellbeing, but also our physical health. Working in a fast paced, and student centric environment can bring stress to the staff member.

This session will explore opportunities to create and maintain clear intent on a daily basis, both at work and at home, through focused mental techniques and visualization. Using these strategies will bring resilience, balance and perspective into your daily lives, and work environment.



### B—Allison Hector-Alexander— Restorative Practices

Discover how you can transform your team through the use of restorative practices. This session will provide an introduction to basic restorative circles and their uses in delving into complex topics such as power and privilege, understanding bias, and repairing harm.

Allison is the Director, Office of Student Diversity, Inclusion and Transitions, at Durham College.



**ERCCHRD**  
The Eastern Region College Committee  
on Human Resources Development

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### C— Ashleigh McKeil—Emotional Intelligence: Your Inner and Outer Self

Having a high Intelligence Quotient (IQ) is important for employees, but so is having a high Emotional Quotient (EQ) also known as emotional intelligence. Our ability to manage emotions, both our own and those of others, can play a critical role in determining our happiness and success at work.

Emotional Intelligence (EI) is not so much a thing in itself as a convenient label for a variety of skills. EI comprises a variety of abilities that allow us to read oneself, others and situations in order to effectively respond. Work benefits range from effective stress management to enhanced relationships with colleagues and clients.

This session will explore EI from two frames of reference –

- ◆ Inward-directed (how you relate to yourself)
- ◆ Outward-focused (how you relate to others)



### D—Rijita Nandyala— Cultural Communication

Intercultural communication is a crucial skillset for Everyone. In today's global workplaces, where students, faculty, administrations, staff are more likely to interact with students from different cultures and countries, and need to work productively with people who have been shaped by different values, beliefs and experiences.

You will learn from workshop:

Firstly, knowledge of self, Participants need to become culturally self-aware and consciously reflect on their values and beliefs impact on the way they communicate. Through activities and discussions participants look what culture is, what culture they belong to, how we understand who we are, and their own cultural identity.

Secondly acknowledgement of cultural differences exist that influence how individuals think, act and communicate.

Thirdly Knowledge of other cultures.

## OPENING PLENARY & KEYNOTE



### Opening Workshop—Vanessa Tran—Daily Habits to Manage Your Energy

“Time” is the most precious resource that we often analyze and plan to the nth degree to allow us to be productive at work, as well as devote enough time to the people and activities that we love outside of work. This workshop will demonstrate that *how we spend our time* often has a direct relationship with *how we manage our energy*.

In this engaging and interactive workshop, participants will discover their core energy needs - physical, emotional, mental and spiritual - and the connections to personal sustainability and health. Participants will leave with (i) self-awareness to be able to identify the factors that can affect their energy levels; and (ii) practical daily habits, that are easily implemented at work and at home, to allow them to remain energized on a regular basis.



### Deborah Kimmitt—What doesn't kill you, makes you funnier.

That Which Doesn't Kill You Makes You Funnier.

Remember the five-year plan? How about the five-minute plan.

We used to be able to plan for futures in long term visions. These days, the plan changes on a dime, which means we are often required to make changes quickly.

Improv expert Deborah Kimmitt will teach us how to use improvisation skills to manage the pressures of change and the need for constant innovation. By saying yes to the right things, using the strength of your team and keeping a sense of humour at the same time, Kimmitt will have you walking away inspired, energized and ready to face challenge and change.

Deborah is a *Second City alumna*, a regular on *CBC Radio's The Debaters*. Regularly works out on the *Winnipeg Comedy Festival*. She addresses topics that deal with resilience, change and stress. She has a special interest in women's equity, health care, aging and celebrating the volunteer.