



CUPE VANCOUVER ISLAND DISTRICT COUNCIL

Leadership Conference Workshops

BUNDLE ONE

Lie Detection – Words Tell All: Communicating in an age of deception

A Hungarian proverb states “Man was given a tongue with which to speak, and words to hide his thoughts.” In public statements, interviews, and social media, deception has become a norm in communications in our digital age. With so many mediums to convey information (and misinformation) how is someone supposed to get to the truth? The language of lies is distinctly different from the language of truth. It has become vitally important for individuals from all walks of life and professionals in any field to learn the intricacies of detecting deception.

This highly interactive session uses high profile media cases to illustrate the signs of deceit. From politicians to celebrities, athletes to criminals, patterns of deception become clear when one understands the subtleties of speech. We use language not only to cloak what we don't want others to know, and even use it to convince ourselves of the lies we tell.

The key to being a highly effective communicator is having a keen sense of awareness as to what words reveal. If we can learn to understand the signals that people are sending us, we can decipher them and get to the real meaning of an issue. Most importantly, we learn to ask the right questions and listen for the right answers.

Conflict at Work

Conflict is a natural part of our lives. Learning to handle it well improves relationships at work and in other parts of our lives. In this workshop, you will

- deepen your understanding of conflict
- learn how to identify the issues and find the right solutions
- strengthen your conflict communication skills

BUNDLE TWO

Labour History

Knowing the history of workers and their unions in our region gives context to current struggles and helps us to strategize for the future.

This workshop begins with the indigenous economies that existed long before colonization and continues through to important events and themes from the 19th and 20th centuries to contemporary issues.

Emphasis will be on Vancouver Island, and in particular the coal mines and martyrdom of Ginger Goodwin in 1918. The often-forgotten significance of racism, women's history, and LGBTQ+ issues and influences will also be covered through a variety of informative and creative modules.

Artificial Intelligence (AI) Training

The world of work is changing at an unprecedented pace. The current wave of technological change powered by digital systems, new technologies and artificial intelligence is affecting workers in every sector and a large range of job classifications. These new technologies are affecting jobs and public services.

This short seminar will cover the basics of what AI and digital technologies are and how they affect workers. It will cover steps unions can take to carry out audits of the workplace to identify AI affecting their members as well as identify areas where unions can bargain stronger protections against current and future technologies.

The seminar will be both theoretical and hands-on with participants engaging with their own collective agreements to identify practical applications of the materials covered. Bring an electronic or paper copy of your collective agreement and plan how you can better defend your members against current and emerging AI and digital technologies.

Climate Justice: Climate Essentials & Taking Action for Climate Justice

This workshop provides an introduction to the science and politics of climate change, and then explores how we can be agents for change within the education system and beyond. The workshop explores the reality of our changing climate, including modelling for future warming and extreme weather events. This includes how climate disproportionately affects indigenous peoples, racialized folks, women and the global south. Participants will solidify their understanding of climate change and why it's a difficult issue to deal with as activists. They will experience climate change as a social justice issue and come up with some possible solutions to the climate crisis through critical thinking and inquiry-based learning.

BUNDLE THREE

Leadership Essentials

Who am I as a leader? Who are we as a local union? How do we fit into the broader movement? Learn how to use the power of your elected position to build power and strengthen solidarity in the union, in the labour movement and in our communities.

Ally Skills for Stewards

Effective stewards are champions for human rights and equality. Explore what it means to be an ally, and ways that stewards can step up as allies in the workplace and the union.

BUNDLE FOUR

Understanding Mental Health

Explore the steward's role in supporting and representing members dealing with mental health issues. Learn how to challenge stigma, and how to approach a conversation with a member about a possible mental health issue.

More Than Money: Making the Most of Retirement

Are you ready to retire? Have you prepared for the shift in focus from work to leisure? Do you know what it takes to achieve a healthy and sustainable retirement? This interactive workshop will explore the non-financial side of retirement planning: identifying competencies for physical, emotional, and psychological wellness as well as how to negotiate and plan for some of the pitfalls one may face in retirement. Participants will be guided through how to create a retirement lifestyle that supports wellbeing.

Preventing Mental Injuries

New forms of work, job insecurity, work intensification, high demands, violence and a resulting poor work-life balance are resulting in psychosocial and mental health problems in CUPE workplaces. This module focuses on the workplace as the cause or a contributor to mental health issues, and not the individual. Discuss strategies and actions that actually help make workplaces psychologically healthier and safer.

Pensions – An Introduction

Pensions are our deferred wages. That's what makes them a union issue – whether you're trying to get a workplace pension for your members or are trying to protect the one you have.

In this workshop, you'll learn about:

- Government pensions – the Canada Pension Plan, the Old Age Security Program and the Guaranteed Income Supplement;
 - The different kinds of workplace plans and why some are better than others;
 - The attacks on workers' pensions – and how we can fight back as union members.
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