

TRAINING INVENTORY FRAMEWORK

Complete Listing of Training and Services

Imagine
INSTITUTE FOR
LEARNING

Relationship-Based Practice Training Series
Relationship-Based Practice Training: Foundational
Reflective Supervision
Group Facilitation
Understanding Loss and Supporting Individuals Through Grief
The Leadership Challenge
Engaging in Challenging Conversations

Child Development Training Series
Engaging with Challenging Behaviours
How Temperament Influences the Early Learning Program
Technology, Tablets and Children
Building Positive Relationships
Bugs That Stress Taste
Responding to Trauma in Early Childhood
The Best of Child Foundations

Trauma-Informed Care Training Series
Trauma-Informed Care: Translating Trauma-
Informed Principles Into Practice
Responding to Trauma in the Workplace
Crisis Prevention & Intervention
Suicide Prevention
Compassion to Act
N.E.A.R.: Foundational Science
Becoming a Trauma-Informed

Support Services
Assessment
Consulting

2024/2025

Disclaimer

Imagine Institute's training and associated tools are designed to be used by professionals working in relationships with their clients. The tools in these trainings support individuals within the boundaries of their professional expertise, training, and ethical practices. Imagine Institute for Learning is not responsible for the unauthorized usage of these tools.

Imagine Institute for Learning

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2024

Land Acknowledgment

Imagine Institute for Learning acknowledges that we educate, gather, and learn on Treaties 6, 7, and 8. These are the traditional lands of the Niitsitapi (Blackfoot Confederacy), which comprises of the Siksika, Kainai, and Piikani First Nations, as well as the Nêhiyawak (Cree), Dene, Saulteaux, Nakota Sioux, Iyarhe Nakoda Nations, Tsuut'ina, Métis People (including the Métis Settlements and the Six Regions of the Métis Nations), and the Inuit. We are grateful for these lands' original caretakers and their descendants, whose wisdom and cultures continue to impact our communities in strong and meaningful ways.

The Indigenous peoples of these lands teach us that land is about relationships, not only with Mother Earth but also with all the Nations on what is now Alberta. Decolonizing our understanding of relationships means understanding that the treaties were meant to create enduring relationships of trust, respect, and sharing between all peoples and beings. Instead, treaties were used to oppress, colonize, and separate Indigenous peoples from others and themselves.

Imagine Institute for Learning acknowledges that it is the responsibility of all peoples living on Turtle Island to practice fostering healthy relationships within and between all communities to ensure a better future for all nations' generations. Imagine Institute commits to intentionally educating and learning about the truth of the history of these lands, to strengthen relationships by honouring our common humanity and to continue valuing all ways of knowing.

Angélica Boucher

Curriculum Developer

Micmac, Algonquin, and Settler

Written on behalf of the Imagine Institute for Learning

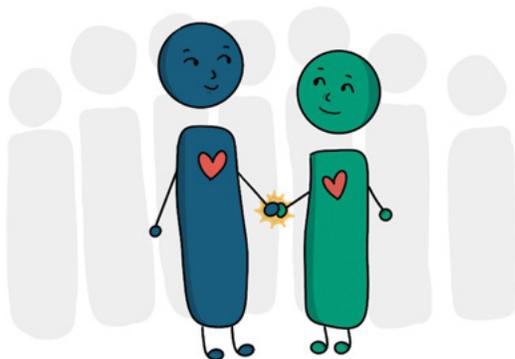
Our Commitment to Justice, Respect and Inclusion

Imagine Institute for Learning is committed to diversity, equity, and inclusion.

We foster brave spaces where all voices are heard, embracing authenticity and diversity. We empower individuals to engage authentically through personalized professional training, fostering understanding and compassion for a more inclusive and enriched community and workforce.

We prioritize participants' lived experiences, promoting awareness and bias disruption. With intentionally limited registrations, we cultivate trustworthiness and safety in small groups, fostering genuine sharing and continual learning from diverse perspectives.

Imagine Institute for Learning is committed to decolonizing our practice to align with Truth and Reconciliation efforts. We recognize and address the harm inflicted by colonization and assimilation on Indigenous peoples. Our training begins with personalized land and cultural acknowledgments linked to learning outcomes. We collaborate with Indigenous Knowledge Keepers and Elders to ensure cultural sensitivity in our training and practices. Through ongoing engagement and relationships, we strive to represent Indigenous people and respectfully convey their stories.



Our team upholds human rights by:

- Using pronouns behind our names in virtual and in-person introductions.
- Employing inclusive language choices, such as 'partner' instead of 'husband' or 'wife' and 'caregiver' instead of 'parent.'
- Partnering with key representatives of marginalized groups valuing lived experience.
- Collaborating with local agencies to address community issues and emerging trends.
- Supporting systems change with a trauma-informed approach.
- Ensuring accessibility by keeping costs low and offering no-cost training through community sponsorship.

Our team walks the talk. We engage in ongoing learning to enhance our understanding of historically marginalized communities and diversity and equity-related issues. Some of these trainings include:

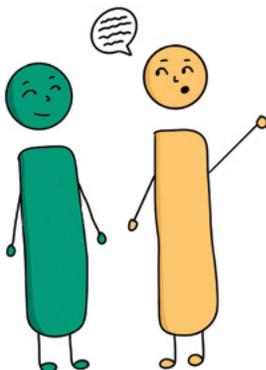
- Gender-Based Analysis Plus from the Government of Canada
- Indigenous Canada from the University of Alberta
- Brain Story Certification from the Alberta Family Wellness Initiative
- The Fundamentals of OCAP from First Nations Information Governance Centre

We welcome all opportunities to learn about and celebrate those with whom we share our spaces.

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*Please note that all training can be delivered in person or virtually unless otherwise stated.



About Us

Imagine Institute for Learning invites professionals across sectors to imagine what is possible in a world where compassion meets action. We use evidence-informed practice and research to create immersive learning opportunities that will ignite the potential and inspire the hearts of participants who work to support human beings in different settings. Whether you are a social worker, educator, first responder, health practitioner, or community worker, our trainings provide the necessary catalyst to improve your game and be the best version of yourself. We all need extra tools in our toolbox. At Imagine, we specialize in translating research into practice using experiential activities and reflective practice to guide learning into a deeper understanding of the content. Come learn, dream, and play with us as we transform the reality of our work into meaningful practice.

Imagine Institute for Learning (Imagine) is a not-for-profit organization dedicated to enhancing the knowledge and skills of relationship-based professionals who work with children, families, and communities. For over two decades, Imagine

has been a leading force in providing evidence-informed training and organizational support to a wide array of public and private service sectors. Since our inception in 2001 (previously as Early Childhood Development Support Services), we have collaborated closely with governments and other funders to support the development of a competent and qualified workforce capable of responding to the increasing challenges of their work.

Our Imagine facilitators are recognized for their integrity, credibility, and exceptional facilitation skills. Each member of our facilitation team brings years of experience and has undergone a rigorous training and onboarding process, ensuring they possess the expertise to inspire and empower participants through Imagine sessions.



Statement of Gratitude and Honouring of Lived Experience

The training opportunities we offer you have been made richer because of the generosity of the many individuals who shared their lived experiences with us and, in turn, gave us permission to share them with you. We are profoundly grateful to them for trusting us and believing their voices can help transform lives.

Thank you. Hiy hiy

What can I ask Imagine Institute for Learning to do?



We offer comprehensive training and facilitation services designed to empower individuals and organizations to achieve their goals through tailored programs, training, and coaching sessions. Our expertise spans a wide range of areas,

including leadership development, team building, communication skills, conflict resolution, diversity and inclusion, and relationship-based practice. Let us know how we can help!

How do I book an Imagine Institute training?

At Imagine Institute for Learning, we prioritize building meaningful relationships and tailoring our training programs to meet your organization's unique needs. We look forward to assisting you in your learning journey!

Here's a breakdown of the 4-step training booking process:



Explore Available Training Options

- Visit our website or contact us directly to explore our range of training programs.
 - www.imagineinstitute.ca or Phone: **780.428.9465**
- Take a look at our Training Inventory booklet for a comprehensive list of available courses.
- Request a quote from our training manager at info@imagineinstitute.ca



Request More Information or Customization

- Are you interested in training but want to ensure it meets your organization's unique needs? We offer customization and curriculum development.
- To book a training or request more information, please get in touch with our training manager with your ideas at info@imagineinstitute.ca
- Cost estimate will be provided for review.



Confirm Training and Discuss the Details

- Confirm the training date and location with the training manager.

After training is confirmed:

- A virtual meeting is scheduled to meet the facilitator and discuss the training and the outcomes your organization is looking for.
- Once the contract and invoice are issued, you will receive a registration link for you to share with your members.
- Services included with your booked training are online registration, a promotion poster, and supporting session materials (handouts).



Certificates and Evaluation

After the training is completed:

- Certificates will be emailed out 1 – 2 weeks after completion.
- Evaluations are taken and can be shared upon request.





Trauma-Informed Care

1

Transforming Practice Through
Trauma-Informed Principles
(12 hours)

2

Intergenerational Wisdom
(12 hours)

3

Trauma-Informed De-escalation
Strategies (TIDeS)
(6 hours)

4

Compassion to Action™
(6 hours)

Transforming Practice Through Trauma-Informed Principles

(12 hours)

Join our two-day training to transform your practice with trauma-informed principles. Acknowledge the prevalence and impact of trauma and learn how to apply a trauma-informed lens to your work. Gain skills to provide services that prioritize emotional and physical safety, client choice, and collaboration.

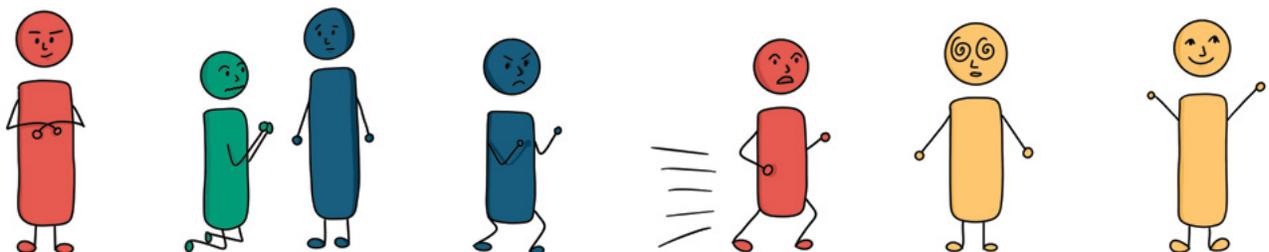
Day two focuses on the well-being of caregivers in human services, addressing burnout and empathic strain from exposure to trauma. Explore the journey from vicarious trauma to resilience and post-traumatic growth, emphasizing the strength found in adversity.

Learning Objectives

- Define trauma and understand the different types of traumas.
- Identify the signs and symptoms of trauma.
- Understand the impacts and effects of trauma.
- Explore the principles of trauma-informed approaches, including Awareness, Safety, Trustworthiness, Choice and Control, Collaboration and Connection, and Strength-Based Approach.
- Explain the elements of vicarious trauma and how they have the potential to create an imbalance in our ability to sustain our work and personal energy.
- Discover the transformation from vicarious trauma response to post-traumatic growth.
- Discuss tools and wisdom related to emotional intelligence and resilience as ways of supporting strength-based relationships and individual and collective growth within the professional setting.
- Explore the Indigenous theory of two-eyed seeing as a mindset and tool that can support healing and understanding related to vicarious trauma.

Options:

- Transforming Practice Through Trauma-Informed Principles (6 hours)
- Vicarious Trauma to Vicarious Resilience within Professionals (6 hours)
- Customized content for organizational context: Ideal for educators, first responders, social workers, and frontline support staff.



Trauma-Informed De-escalation Strategies (TiDeS)[™]

(6 hours) In-Person Only

This full-day training is designed to provide participants with critical skills in using trauma-informed de-escalation strategies. Research shows that trauma is highly prevalent in the general public and will likely play a role in your interaction with an escalated individual. TiDeS[™] not only considers the trauma of the escalated individual but also the person providing support. Participants will take a deep dive into assessing their own attitudes, boundaries, communication styles, and debriefing strategies. There is a focus on prevention and long-term reduction of crisis situations. Intended for all areas of the community, this training provides a universal approach to de-escalation.

Learning Objectives

- Understand the basics of trauma-informed care and the principles of de-escalating a potential crisis.
- Develop skills in assessing attitudes, setting boundaries, and communicating effectively.
- Learn strategies for debriefing following a crisis.
- Utilize trauma-informed de-escalation strategies to encourage safe connection.
- Explore the application of strategies in different demographics using case studies.

Options:

- Customized content for organizational context. For example, youth, adults, and seniors.

Intergenerational Wisdom

(12 hours)

This two-day training will focus on reframing the narrative around intergenerational trauma to reflect wisdom and understanding. It creates a brave and open space for individuals to engage with Indigenous ways of knowing and activities to understand the incredible resilience passed down through generations despite the trauma experienced. Topics include residential schools, the 60s and millennial scoop, vicarious trauma, and modes of trauma transmission. The training focuses on collective resilience and the transmission

of strength and hope. Indigenous ways of knowing, storytelling, re-learning culture, creating relationships, and maintaining oral traditions are covered. The training will end with a collective reflection on what has been learned and what can be done to continue to break the cycle of trauma. This training was created through meaningful contributions from Elders and Knowledge Keepers across the province of Alberta, who generously provided hours of interviews and conversations to gift us with their wisdom, artwork, and experience.

Learning Objectives

- Build awareness about the trauma experienced by Indigenous peoples in Alberta through stories, interviews, and artwork shared by Indigenous individuals.
- Understand the various ways trauma is passed on through generations and the role trauma is still playing in Indigenous communities.
- Explore the various ways intergenerational wisdom contributes to healing opportunities and resilience building.
- Reflect on the wisdom shared and the following steps to break the cycle of trauma. How to carry intergenerational wisdom forward to successive generations.

Compassion to Action™

(6 hours) In-Person Only

This full-day training explores how mental health in the workplace can be promoted and sustained through increased awareness, compassionate inquiry, and self-sustainability practices. This module will help professionals understand the spectrum of mental health and wellness and identify warning signs of mental languishing for themselves and their colleagues. Participants will be empowered

to re-examine their experiences using everyday language and vocabulary and learn how to support mental health in the workplace by translating compassion into action. Participants will gain practical tools and protective strategies to care for their mental health and minimize the experience of fatigue that can come from working in challenging environments.

Learning Objectives

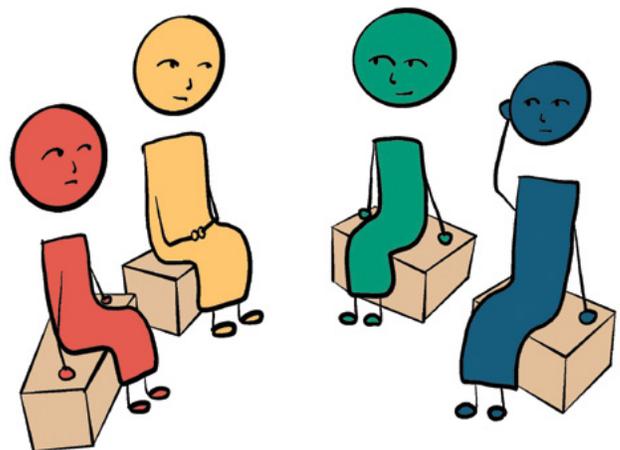
- Explore concrete tools and strategies to sustain and support their and their staff/colleague's mental health.
- Promote wellness and compassion.
- Employ relevant mental health vocabulary to ground workplace experiences and guide the conversation. What behaviours should be looked for in colleagues and the self?
- Improve self-awareness through reflective activities.

Options:

- Customized content for organizational context.

“I have taken several courses through Imagine Institute for Learning and feel very grateful that I was able to find such amazing mental health and educational content. The session hosts bring a wealth of knowledge, deliver applicable content, and create a safe space where everyone can share and be heard.”

These courses are for anyone who wants to learn, and they are not targeted to any specific profession or designation. I went into my first session thinking I would gain tools to help my clients; rather, I came out having a better understanding of myself, which was rather unexpected. Through the courses I've had the pleasure of taking part in, I have been able to be a more present health professional and human being.”





Mental Health

1

Human-Centred Approach to
Understanding Mental Health™
(12 hours)

2

Mental Health First Aid for
Supporting Older Adults
(10 to 14 hours)

3

Understanding Loss & Grief
(3 hours)

4

QPR Suicide Prevention
(3 hours)

5

Understanding Suicide
(6 hours)

Human-Centred Approach to Understanding Mental Health™ (12 hours)

Mental Health is about people and our connection between our internal and external worlds. This two-day foundational training supports a wide variety of professionals and caregivers who support individuals living with mental illness and/or poor mental health. Using a human-centred approach, we can remove the band-aid approach to engaging with individuals and explore how safety and connection are the root of healing. We will

work together to understand the basics, the role of safety and connection, and strategies to sustain the balance needed to thrive within this human experience known as life. We encourage you to bring your stories and your wisdom as we work toward building a strength-based approach to supporting the humanness of changes in our mental health.

Learning Objectives

- Examine the role of adaptation in understanding mental health behaviours.
- Explore the tension between scarcity and growth mindsets related to mental well-being.
- Discuss the role of safety and connection as motivators of human behaviour.
- Share the wisdom in the room related to sustaining balance in this ever-changing world.
- Discover the safety and connection toolkit, including:
 - Connection with other people
 - Connection with meaningful values
 - Connection with the natural world
 - Strategies to build safety through connection and belonging.

Navigating Loss & Grief (3 hours)

Explore the complexities of loss and grief in our three-hour workshop. Gain insights into the universal nature of loss, including ambiguous loss. Learn practical strategies for supporting others through their grief journeys, from communication skills to healing rituals. Ideal for caregivers, counsellors, or anyone seeking a deeper understanding of the human experience of grief.

Learning Objectives

- Identify various types of loss.
- Explore the spectrum of grief responses, focusing on each experience being unique.
- Engage in developmentally appropriate responses to the grief process and support individuals in meaning-making.

Mental Health First Aid Supporting Older Adults

(10 to 14 hours) Extra Certification



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada

Mental Health
First Aid Canada 

Mental Health First Aid Supporting Older Adults (MHFA SOA) is an evidence-based training by the Mental Health Commission of Canada (MHCC) designed for people who have frequent contact with older adults such as continuing care, home care and seniors lodge staff as well as family members, friends, public and private caregivers, community health workers, and volunteers.

Learning Objectives

- Recognize the symptoms of mental health problems or crises as they develop in seniors.
- Provide the initial help to seniors.
- Guide a senior and caregiver toward appropriate professional help.
- Provide strategies and resources to support both seniors and their caregivers.

Available in both an online and in-person format, MHFA SOA trains participants to effectively respond to an emerging mental health problem or crisis until the situation is resolved or appropriate treatment is found. Some of the topics covered within this training are:

1. Panic attacks and acute stress reactions
2. Substance-related disorders
3. Mood-related disorders
4. Anxiety and trauma-related disorders
5. Psychosis and psychotic episodes
6. Dementia

QPR Suicide Prevention

(3 hours)

This three-hour training workshop is designed and created to talk openly about suicide and to reduce the stigma that is attached. The plan is to provide better awareness and knowledge to service providers, front-line workers, and others so that they are trained to detect signs of suicidality and equipped to refer to the appropriate assistance and support.

Learning Objectives

- Question - the individual's desire or intent regarding suicide.
- Persuade - the person to seek and accept help and support.
- Refer - the person to the appropriate resources.

Imagine Institute for Learning is certified by the QPR Institute to provide suicide prevention training. QPR teaches the warning signs of a suicide crisis, how to offer hope through positive action, and ultimately, how to assist in saving a life.

Understanding Suicide

(6 hours) In-Person Only

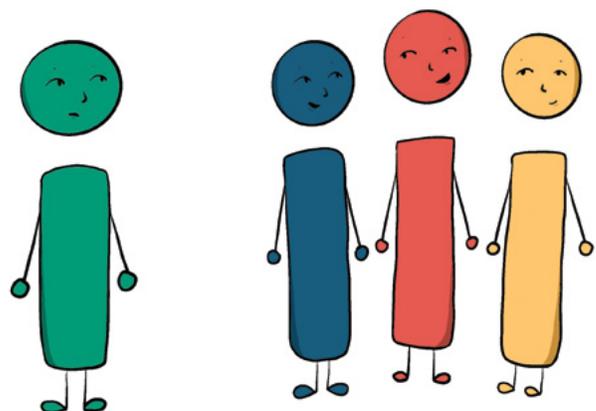
Participants will engage in suicide prevention through the lens of empathy and personal connection. The knowledge shared will help participants engage with individuals experiencing suicidal ideation in meaningful ways without focusing explicitly on intervention strategies. A significant part of the course is represented by sharing the experience of individuals who struggle

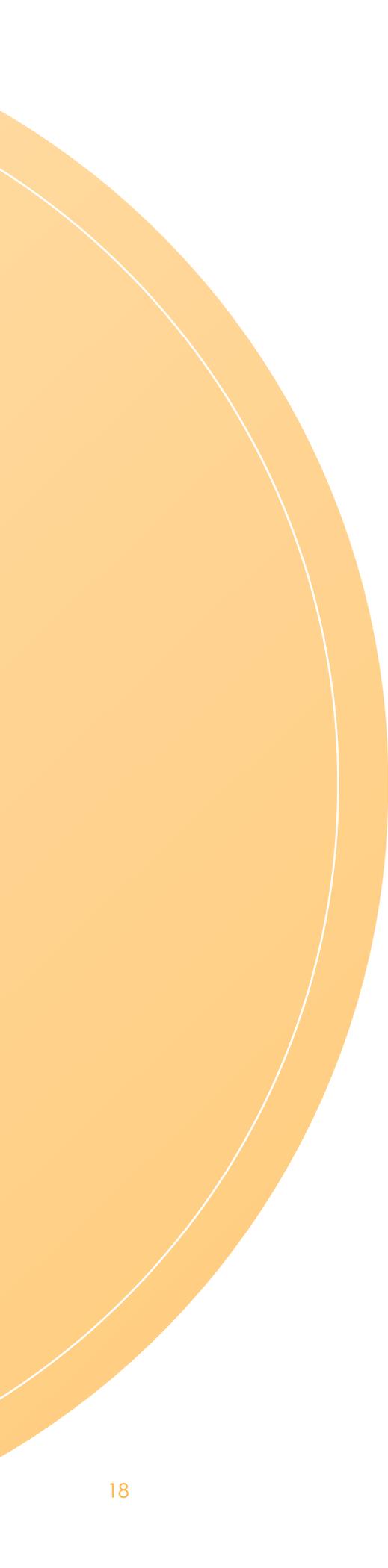
with suicidal ideation and attempt suicide to survive. We will take a direct, unflinching look at why people take their own lives, so this is not intended to be a light-hearted session. Please take the time to assess your emotional and mental readiness to be present. We take a much deeper dive into suicide than traditional intervention courses.

Learning Objectives

- Review the historical existence of suicide and the opinions shared by different societies.
- Examine multiple theories and contributing factors to build a holistic perspective of why people both feel suicidal and take their own lives.
- Practice having empathy for and understanding the perspective of those who attempt or die by suicide.
- Explore insights from attempt survivors around the experience of suicide, including its effect on the attempter as well as their loved ones.
- Shift from seeing suicide as a choice or impulsive event to an outcome or the final step of an extended process.

“My thoughts, beliefs and feelings have changed towards mental health. I have realized that despite the hardships I have faced with my mental illness, I am not alone on this journey and that even the people with the hardest mental health challenges can make a difference and make their dreams, goals and careers a reality and things can and will get better with perseverance, a healthy and secure environment and support team; As well as the determination to strive for a healthy and stable future for yourself and others regardless of the people and circumstances around you.”





Human-Centred Relationship-Based Practice

1

Creating Healthy Professional Boundaries
(12 hours)

2

Navigating Challenging Conversations
(6 hours)

3

Supporting Clients with Goal Setting
(3 hours)

4

Self-Compassion: Moving from Self-Care to
Self-Sustainability
(3 hours)

5

Understanding Unconscious Bias
(6 hours)

Creating Healthy Professional Boundaries

(6 hours)

Setting boundaries can be difficult in personal situations and become even more complex when they involve a workplace's power, roles, and culture. This training explores how porous, rigid, and healthy boundaries (or lack thereof) affect our relationships and performance in the work

dynamic. It is difficult to sustain energy when the lack of, or excessive use of, boundaries demand attention. This full-day training provides ready-to-use tools to help build the skills needed to set and maintain healthy boundaries.

Learning Objectives

- Discuss individual experiences with boundaries based on the boundaries self-assessment quiz.
- Define and discuss the different types of boundaries.
- Describe elements of effectively communicating boundaries.
- Practice articulating boundaries and build ways to survive the first few times new boundaries are set.

Navigating Challenging Conversations

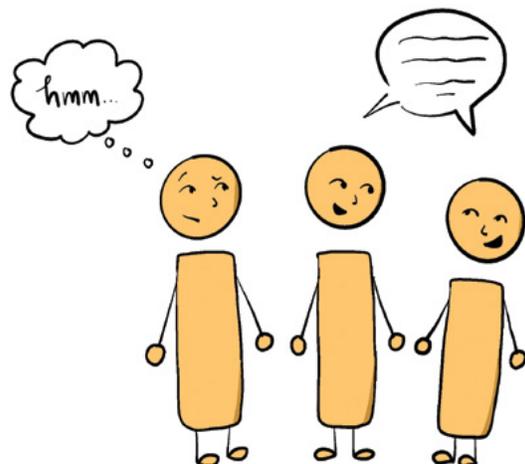
(6 hours)

Why didn't you tell me? Have you ever had this response after having a tough conversation at work? Home? What is it that makes us so afraid to have tough conversations? Maybe we can answer that question with another question. What is the "perk" you get from not having a challenging conversation? The answer can be explored from fear to compassion.

In this full-day session, we explore tools to support the idea that having challenging conversations is one of the most compassionate tools we have in human service. It has the unpinning value that the other person holds equal value, and communication can influence behaviour.

Learning Objectives

- Explore the tension and language that makes a conversation challenging.
- Discover the value and strengths that challenging conversations offer you, your team, or your clients in moving toward authentic connection and intentional behaviours.
- Examine practical tools



Supporting Clients with Goal Setting

(3 hours)

Much of the language that supports goal setting is mirrored in making the goals specific and actionable. This is the approach to both success and failure, suggesting an end to the process. However, if the focus is on the systems that get a person to that moment, they are more likely to have a compounding effect. Positive compounding may include productivity, knowledge, and relationships that are sustained once the goal has been attained. The question to consider is: If you completely ignored your goals and focused only on your system, would you still succeed?

Learning Objectives

- Examining the elements of the strengths within a person's systems that exist within habits they already have.
- Explore the tension between positive and negative compounding habits or systems. Specifically positive compounds of productivity, knowledge, and relationships.
- Discuss toolkit strategies and wisdom related to elements that support systems.

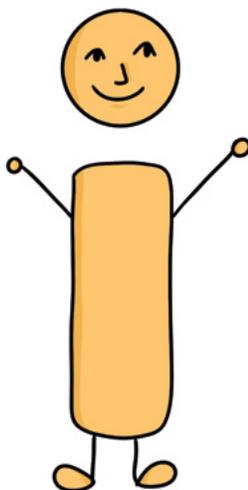
Self-Compassion: Moving from Self-Care to Self-Sustainability

(3 hours)

What's Your Story? This three-hour session takes a deep dive into the roles of self-compassion and strength of vulnerability. It is important to remember that we all have a past and future that influence how we interact in our work environments. Participants will have the opportunity to share their wisdom related to building strong relationships at work through authentic communication and self-compassion.

Learning Objectives

- Understand types and tools to support self-compassion as you are the tool of your trade.
- Explore how your story of self-compassion can motivate behaviours and affect relationships.
- Reflect on how barriers to self-compassion show up for you.
- Understand the Stages of Progress toward Self-Compassion Practice.



Understanding Unconscious Bias

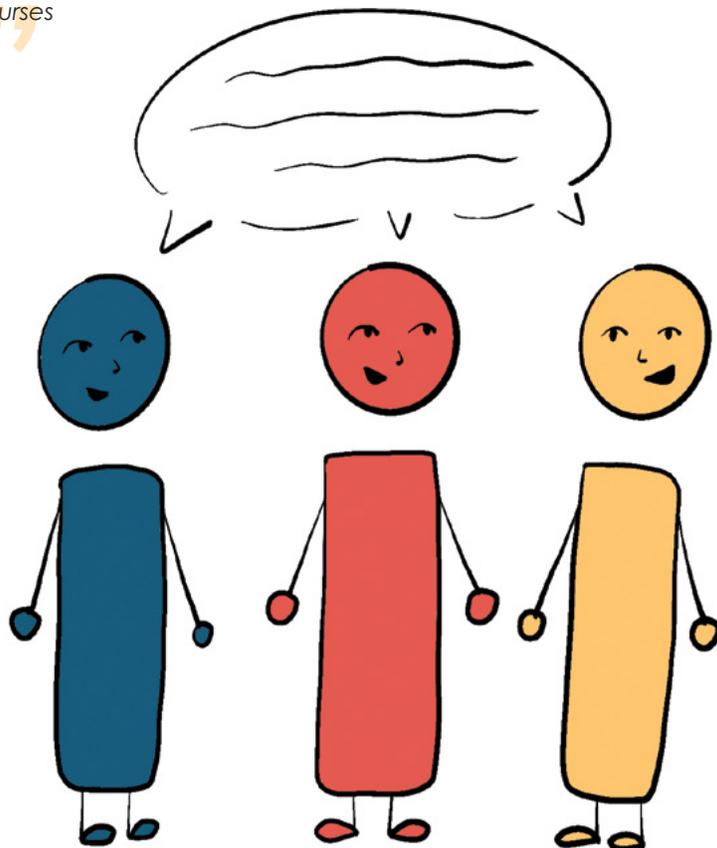
(6 hours)

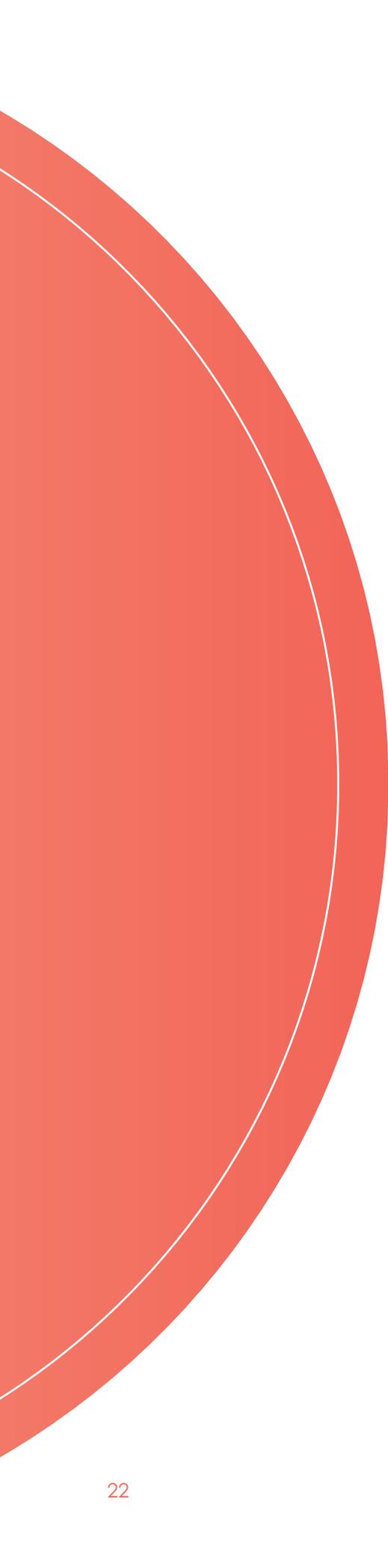
In this full-day training, participants will learn what unconscious bias is and how it shows up in the places they are the most comfortable. What if we took the opportunity to reflect on why we hire someone or why we like to work within smaller groups? Using research and activities, this training uncovers how difficult conversations help uncover bias and how tough conversations are not confrontational but validating. No preparation is necessary, as you will all come with your biases, as we all have them.

Learning Objectives

- Understand unconscious bias and the ways it can show up in the workplace.
- Explore ways bias shows up in the way we interact with colleagues.
- Increase communication skills related to bias with tools to support challenging conversations related to bias.
- Explore methods to help check bias in the way decisions are made

There is the quote "that an ounce of prevention is worth a pound of cure." In dealing with society's challenges, courses like this are the ounce of prevention.





Organizational Support & Capacity Building

1

Building Psychological Safety in the Workplace

(12 hours)

2

Fostering Reflective Practice in the Workplace

(6 hours)

3

Group Facilitation: Introduction

(6 hours)

4

Group Facilitation: Using Brain Science and Storytelling

(6 hours)

5

Group Facilitation: The Art of Trauma-Informed Facilitation

(6 hours)

6

Supporting Neurodiversity in the Workplace

(3 hours)

7

Workplace Culture and Playfulness

(3 hours)

Building Psychological Safety in the Workplace

(12 hours)

Writer Annie Dillard said, “How we spend our days is, of course, how we spend our lives.” Many of us spend a large portion of our day at work. In fact, the average person will spend 90,000 hours at work over a lifetime. It is safe to say that your job greatly impacts your quality of life. In this two-day session, we talk about the role of the internal narrative that

accompanies the workloads, relationships, and challenges faced within the work environment. The session includes interactive activities, research on psychological safety, and a toolkit full of activities and assessments that you can use to move from existing to thriving at work.

Learning Objectives

- Create a safe environment to learn from the wisdom in the room and use trauma-informed practices to engage in uncomfortable conversations in a safe way.
- Explore the foundations and application of psychological safety as it relates to inclusion, learning, contribution, and challenging environments.
- Employ practical workplace strategies and interventions to prioritize self-advocacy and agile conversations.
- Discuss real-time challenges and opportunities to support a healthy and sustainable work environment.

Fostering Reflective Practice in the Workplace

(6 hours)

This full-day session translates and supports the space between various levels of accountability within an organization. Participants will have the opportunity to build a common language that creates space for growth at all levels of an organization using a

reflective practice approach. Supervision is often associated with stress and anxiety in the workplace; however, this session explores how to communicate and consolidate learning within frontline and supervisory relationships.

Learning Objectives

- Explore the role of met and unmet needs in the workplace environment and how that relates to our professional competencies (knowledge, behaviour, and activating).
- Build understanding around what reflective practice offers to different supervisory spaces, including the practitioner’s role in the supervision context.
- Employ practical tools that build self-awareness, including a self-assessment of your own perceptions and ideas.
- Build capacity related to communication with the different roles, goals, and techniques within an organization.
- Explore strategies and tools for moving from communication(talk) to consolidation (or action) related to reflective learning.

Group Facilitation: Introduction

(6 hours)

This one-day training is for anyone who leads groups in learning, formally or informally. The foundational skills of facilitation will be covered, including creating a safe group environment, monitoring and debriefing activities, delivering content, and effectively engaging in challenging group situations. Both in-person and virtual facilitation will be discussed. The final portion of the day will be spent putting these skills to use, so come prepared to practice!

Learning Objectives

- Describe elements of a safe and comfortable learning environment.
- Discuss the implementation of learning principles for effective facilitation.
- Demonstrate how to introduce, monitor, and debrief activities.
- Develop strategies for engaging with challenging situations.
- Apply facilitation skills and strategies in group practice sessions.

Group Facilitation: Using Brain Science and Storytelling

(6 hours)

This one-day training is for experienced facilitators looking to engage in facilitation even more effectively. Utilizing brain science, participants will explore a lens of being kind, empathetic, and generous in their facilitation. A focus on implementing storytelling while exploring their special facilitation tools and skill sets will also be explored. This heavily interactive training focuses on practice and participation as learning tools, so come ready to dive in!

Learning Objectives

- Utilize brain science and storytelling to engage groups more fully with intentional emotional experiences that support content learning.
- Celebrate and share participants' own unique facilitation skills and style.
- Practice using facilitation skills.

Group Facilitation: The ART of Trauma-Informed Facilitation

(6 hours)

This one-day training equips facilitators with tools to engage participants using trauma-informed Approaches, Responses, and Techniques. Trauma-informed facilitation creates brave spaces for individuals to integrate information and share their experiences, in ways that support authentic connections, with themselves and others. Using scaffolding techniques, facilitators will learn how to build safety in the room, engage participants respectfully when disclosures happen, and create brave spaces for discomfort and shift to happen.

Learning Objectives

- Explore human awareness as the foundation for creating a trauma-informed facilitation style.
- Examine the principles of trauma-informed care as they relate to the approach, response, and facilitation technique.
- Discover the wisdom in the room regarding tools and sustainability to limit harm and engage learning

Supporting Neurodiversity in the Workplace

(3 hours)

Research which focuses on a neurodiversity perspective rather than a neural-deficit model is still in its infancy and, so far, lacks practical advice for organizations wanting to foster work environments in which neurodiverse employees thrive. This workshop aims to bridge the gap between research/theoretical frameworks and real-world practice by marrying the neurodiversity research literature together with an individualized

and contextualized strengths-based approach. By adopting a neurodiversity perspective, where neurodivergence is embraced as a natural variation of human neurocognition, leaders and team members alike will be able to better harness the potential of neurodiverse staff by utilizing a human-centred approach and meeting individuals where they are.

Learning Objectives

- Examine terms related to a neurodiversity perspective and supporting frameworks.
- Explore ways to support neurodiversity in the workplace.
- Share strategies and lived experiences for creating a human-centred, strength-based approach for people with neurodiversity.

Workplace Culture and Playfulness

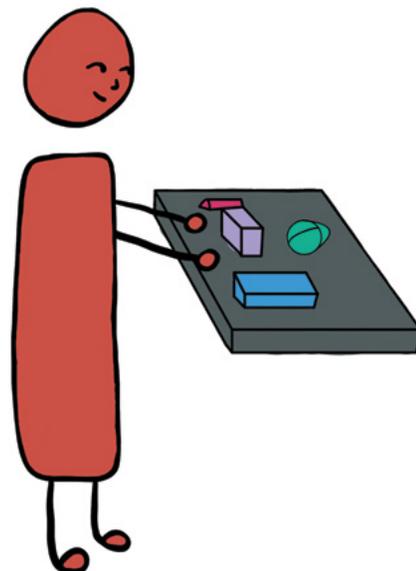
(3 hours)

Sometimes life can become more about surviving than thriving, and in this training, we take a closer look at the role that play has in managing stress and challenges. As a group, we will explore brain science connected to the value of adults using play as a tool at work and home. The fact that play

promotes brain organization and can help people rebound from disappointments is critical during the demands of our current world circumstances. The session is based on research by Dr. Stuart Brown, the founder of the National Institute for Play.

Learning Objectives

- Explore brain science related to the stress cycle and restoration of the nervous system.
- Explore and connect the value of play in adult environments.
- Provide practical tools for adults to play in their work/home environments.





Human Development

1

The Early Years of the Developing Brain
(12 hours)

2

An Introduction to Social-
Emotional Development
(3 hours)

3

Creating Boundaries with Children
and Technology
(3 hours)

4

Learning through Play
(3 hours)

5

Reframing Challenging Behaviours
(3 hours)

6

Responding to Trauma in Early Childhood
(6 hours)

7

Understanding Temperament
(3 hours)

The Early Years of the Developing Brain

(6 hours)

A basic understanding of brain development is crucial for anyone who interacts with children, from parents to educators. And while brain science is extremely complex, there are pieces we can make very practical. This one-day foundational training will outline how the brain develops, what influences brain development in childhood, how the brain influences childhood behaviour, and what we can

do to support healthy brain development. Whether you want to better support children in learning new skills, reduce challenging behaviour, or better understand your brain, this is the session for you. While the information in this workshop is designed to apply to children 0-12 years of age, it is applicable to all ages.

Learning Objectives

- Broadly describe how the brain develops in the early years of life.
- Outline basic influences on brain development, both protective and adverse.
- Explore how experiences and interactions affect brain development.
- Develop strategies to support healthy brain development.

An Introduction to Social-Emotional Development

(3 hours)

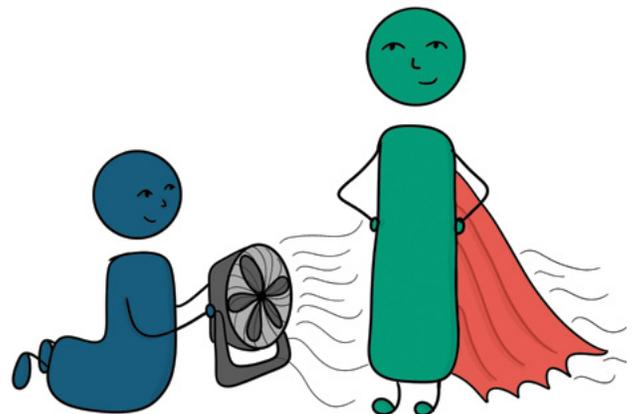
People are increasingly equating social-emotional development with health and happiness throughout life, so how do we support this critical development in children?

This three-hour workshop will review introductory concepts of social-emotional development, what children need to thrive socially and emotionally, and what we can do as caregivers and educators to best support them.

Learning Objectives

- Describe the process of social-emotional development.
- Explore what this developmental process looks like in practice.
- Review practical strategies for supporting social-emotional development in children 0-12 years.

“The presenters were first rate and found a practical and honest approach to explain and share very sensitive topics.”



Creating Boundaries around Children and Technology

(3 hours)

This three-hour workshop supports caregivers and professionals in finding a technology balance for children, youth, and themselves. Participants will be presented with perspectives from both sides of the screen-use debate, current research regarding children and youth's relationship with technology and media, and strategies for healthy technology use.

Learning Objectives

- Recognize technology and media's positive and negative impacts on children and youth.
- Review current research findings regarding marketing, sexting and sexual content, violence and aggression, and bullying.
- Identify strategies for finding a balance in technology use for children, youth, and adults.

Learning Through Play

(3 hours)

This three-hour workshop will explore play in all its forms. Participants will be encouraged to fully embrace play in children's learning environments and their own lives. Looking at play through theory, examples, and hands-on fun, participants will leave with a complete view of play that can be used immediately with people of all ages

Learning Objectives

- Describe the essential elements of play.
- Identify the many types of play humans engage in and learn from.
- Practice different types of play (What better way to learn?)
- Apply play observation skills that can be used for planning and documentation.

Reframing Challenging Behaviours

(3 hours)

This three-hour workshop will engage participants in exploring which child behaviours they find particularly challenging and why. With a focus on reducing the occurrence of challenging

behaviours in the first place, this session will aid participants in developing strategies for addressing these behaviours while maintaining caring and understanding relationships with children.

Learning Objectives

- Discuss underlying reasons and communications behind challenging behaviours.
- Describe the difference between discipline and punishment.
- Explore activities and experiences that build skills to support problem solving, flexibility, and frustration tolerance.
- Understand ways to engage in daily preventative practices to reduce the occurrence of challenging behaviours.

Responding to Trauma in Early Childhood Development

(6 hours)

This one-day training focuses on the unique impacts that exposure to ongoing or repetitive trauma in childhood can have on the developing brain. Using a trauma-informed lens, signs and symptoms of trauma in children will be examined to understand

the needs behind these behaviours better. Finally, participants will learn a variety of strategies for responding to and supporting children who may be experiencing trauma

Learning Objectives

- Define and describe developmental trauma.
- Explain the link between Adverse Childhood Experiences (ACEs) and health outcomes.
- List possible signs and symptoms of trauma in children.
- Define and describe the principles of trauma-informed practice.
- Identify the main principles of trauma-informed practice.
- Propose trauma-informed strategies and effective practices when working with children.

Understanding Temperament

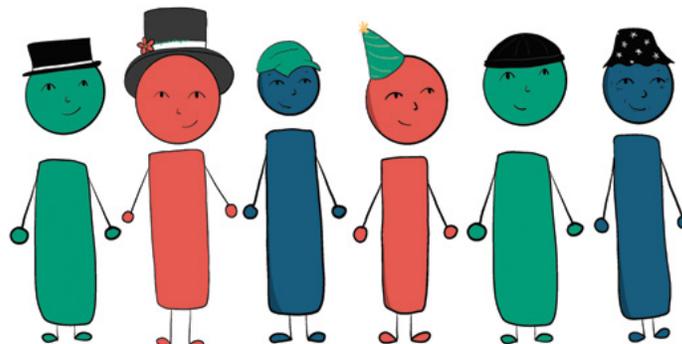
(3 hours)

This three-hour workshop will introduce participants to temperament—a person's physical, mental, and emotional traits. Each of us has our unique temperament, which influences how we interact with the world. Participants will explore how their

temperament traits match or mismatch with those of the children in their care and explain how to use this information to create and strengthen supportive relationships.

Learning Objectives

- Describe temperament.
- Identify temperament traits and their continuums.
- Recognize your own temperament and how it affects your interactions with children.
- Recognize children's temperament needs.
- Develop and practice strategies for supporting children's development within the bounds of their individual temperament.





Educator Support and Capacity Building

1

A Trauma-Informed Approach to Guiding Behaviours
(3 hours)

2

Trauma-Informed Classroom
(3 hours)

3

Pedagogical Practice: Planning and Playing
(3 hours)

4

Building Secure Relationships
(3 hours)

5

Practicing Self-Compassion in the Classroom
(3 hours)

A Trauma-Informed Approach to Guiding Behaviours

(3 hours)

It is often said, “Children are communicating through their behaviours,” so what might they be trying to tell us? The two basic motivators of human behaviour are safety and connection. Unfortunately, those are not feelings all children feel as they grow up, resulting in experiences of trauma. If we can create an environment and promote interactions that support these needs, then we may

be able to reduce the observable behaviours that may be considered challenging. This three-hour workshop will discuss common trauma responses in children, strategies to create a space that fosters individual safety, and interactions that promote choice and control, with the goal of creating trauma-informed interactions.

Learning Objectives

- Identify signs and symptoms of trauma responses.
- Discuss strategies for creating physical, emotional, and cultural safety.
- Explore strategies and interactions to promote connection.
- Apply positive behaviour management strategies to guide children with a trauma-informed approach.

Trauma-Informed Classrooms

(3 hours)

Now more than ever, we are witnessing the impact of trauma on the students and families we work with and on ourselves as educators. Thankfully, the news isn't all bad. There are strategies we can use to enhance and adapt our existing practices to respond to needs within ourselves, our students, and our colleagues. This three-hour workshop guides

participants through the application of trauma-informed practices in the classroom. The use of stories and examples of how schools in Alberta and beyond are implementing these strategies provide real-world relevance that can be translated into individual practice.

Learning Objectives

- Articulate how stress and trauma impact learning and behaviour.
- Describe signs and symptoms of trauma that can show up in classrooms.
- List the principles of trauma-informed practice.
- Apply trauma-informed principles to classroom practices.
- Discuss real-world examples of trauma-informed classrooms.

Pedagogical Practice: Planning and Playing

(3 hours)

Children's learning is best supported through the exploration of their interests and opportunities for meaningful participation in their environment. Within this workshop, participants will explore the philosophy of the pedagogical process, also known as how we approach teaching and

learning. Participants will discuss strategies for building collaborative learning relationships with children and concepts for support in observation, documentation, planning, implementation, and thoughtful, critical reflection.

Learning Objectives

- Describe how learning takes place through the pedagogical process.
- Discuss strategies to balance interacting and engaging with children while collecting meaningful observations and documentation.
- Brainstorm practices for creating curriculums that support and incorporate the pedagogical process.
- Practice asking thoughtful questions during play to promote critical reflection.

Building Secure Relationships

(3 hours)

This three-hour workshop supports early learning professionals in applying the attachment model of early relationships in their learning and care environments. The attachment model children develop in the early years of life becomes the base from which they will build all their relationships. While a child's attachment model begins with their primary

caregivers, secure relationships with other significant adults in their life, like early childhood professionals, can have large positive impacts. Participants will walk away with a deeper understanding of different attachment behaviours in addition to strategies for supporting all children in creating a solid foundation for healthy, secure relationships.

Learning Objectives

- Describe the different models of attachment relationships and their relevance to early learning and care settings.
- Identify the long-term implications of each attachment model.
- Recognize and interpret attachment behaviours.
- Explore our individual responses to different attachment behaviours and their impact on our relationship with a child.
- Develop strategies to foster secure attachment in daily interactions.

Practicing Self-Compassion in the Classroom

(3 hours)

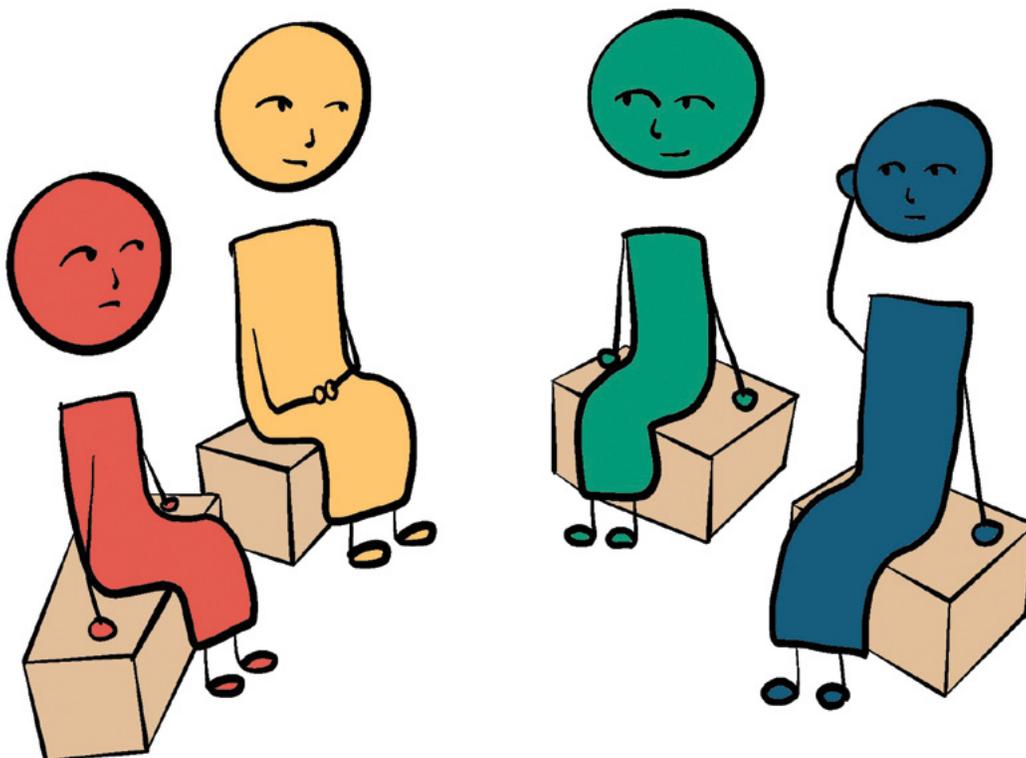
We know that educators are experiencing high amounts of stress. As educators, we are told to “take care of ourselves” as a solution to the stress. But in reality, WHEN? HOW? When we are with children, what seems like every minute of our workday, and we don’t have the time or energy at

the end of the day to add more to our to-do list. This session addresses the role of self-compassion in the classroom in real-time. We will explore strategies and narratives that can be implemented into your daily practice, in the moment, while working with children.

Learning Objectives

- Understand tools to support self-compassion, as you are the tool of your trade.
- Reflect on how barriers of self-compassion show up for you.
- Develop strategies to implement self – kindness, mindfulness, and recognize common humanity.
- Understand the stages of progress toward self-compassion.

“Participation in this workshop offers a good reminder to take good care of ourselves as educators – in and out of the classroom/work environment. Mental health is not always addressed. It’s important to address it without the fear of stigma or retaliation. Safe spaces are necessary to make this possible.”





EmpowerED: Leadership Development Certifications

1

Depolarizing Leadership Trainings

(12 hours)

2

Stepping Up: Trauma-Informed
Leadership Certification

(12 hours)

3

Sustaining Leadership Conversations: Nurturing
Wellness, Connection, and Performance

(9 hours)

4

Strategies for Reflective Supervision

(6 hours)

Depolarizing Leadership Training

(12 hours)

This dynamic curriculum is designed to empower current and transitioning human service sector leaders. Recognizing that effective leadership transcends conventional models, our program adopts a holistic approach that emphasizes the integration of personal well-being with professional development. Through immersive experiences and hands-on learning, participants will cultivate depolarizing leadership practices essential for navigating complex challenges and fostering positive organizational change.

This training is designed to cultivate a new generation of human service leaders who excel in organizational effectiveness and prioritize their own well-being. We believe leaders can inspire positive change and create sustainability within themselves and their teams by fostering a culture of curiosity, self-awareness, and communication.

Learning Objectives

- Using the COUCH Approach™ Explore the values and communication techniques that accompany Clarifying, Orienteering, Uncovering, Contributing and Honouring as a leader.
- Using Personal Competence Self-Assessment™ Investigate elements of self-awareness related to personal competencies and professional practices.
- Gather insight from the wisdom in the room and practical insights from a peer-based learning environment.

Related

- Depolarizing Leadership Certification (50 hours)

“I appreciate the opportunity to take this course and apply the knowledge gained. The breakout groups helped me to understand that we all see experiences through a different lens. I feel more capable of providing an empathetic and caring environment for my clients and those I interact with. I also feel empowered to make a difference in the lives around me.”

Stepping Up: Trauma-Informed Leadership Certification

(12 hours) In-Person Only

Trauma-Informed Leadership Certification is a comprehensive two-day training designed to equip human service leaders with the essential skills to navigate challenging and turbulent environments. Through a deep dive into trauma-informed principles such as creating safety, offering choice and control, and emphasizing strengths, leaders will learn how to cultivate trust and resilience within their teams and organizations.

Learning Objectives

- Explore elements of trauma-informed leadership within the context of organizations.
- Participate in a leadership self-assessment related to supporting self-awareness and inviting conversations relevant to leadership development.
- Engage in activities that support trauma-informed leadership skills that move teams from synergy to synchronicity.
- Reflect on existing leadership practices and policies that could support a more human-centred approach with clients.

This experiential workshop integrates hands-on activities, reflective exercises, and case studies to help participants explore their leadership styles, strengths, and areas for growth. By fostering a dynamic learning environment, we aim to empower leaders to transform their knowledge into actionable strategies that positively impact their everyday interactions.

Strategies for Reflective Supervision

(6 hours)

As a supervisor, have you ever felt you wear so many hats that you lose track of the opportunities for making meaningful connections with your staff? This one-day session is designed to support a variety of strategies and practices to support supervisors in holding quality spaces/practices to support staff with a human-centred approach. Research supports that the quality of an employee's relationship with their supervisor is a large part of retaining that staff. In this session, we work to provide supervisors with perspectives and tools to manage the relationship, not just the duties.

Learning Objectives

- Explore ways to identify what creates a quality reflective space.
- Examine ways to distinguish between different supervisory spaces and understand when to use them.
- Explore the risks and pitfalls in reflective relationships and how to minimize them.
- Discuss the wisdom in the room related to tools in their toolbox for supporting difficult conversations and asking reflective questions.

Sustaining Leadership Conversations: Nurturing Wellness, Connection, and Performance

(9 hours)

Join us for an extended conversation designed to rejuvenate and reinforce workplace well-being. Crafted to address burnout and reinvigorate passion, our sessions are customizable to align with organizational needs and funding requirements. Transition from self-care to self-sustainability through interactive discussions, reflective activities, and

experiential nature-based opportunities. Explore topics like surge capacity, compassion fatigue, and self-compassion to enhance personal and professional resilience. It's time to recharge and build the capacity for sustained performance amidst challenges.

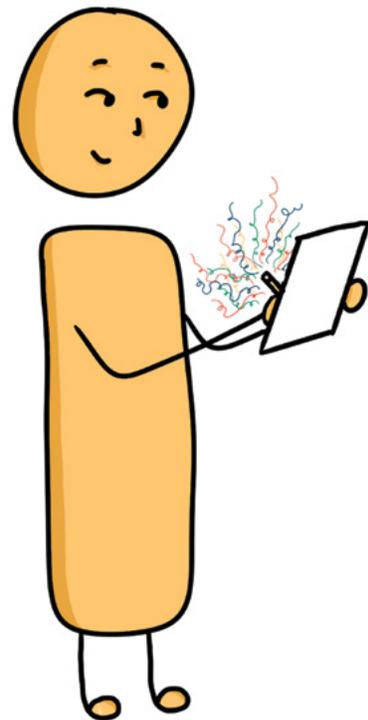
Learning Objectives

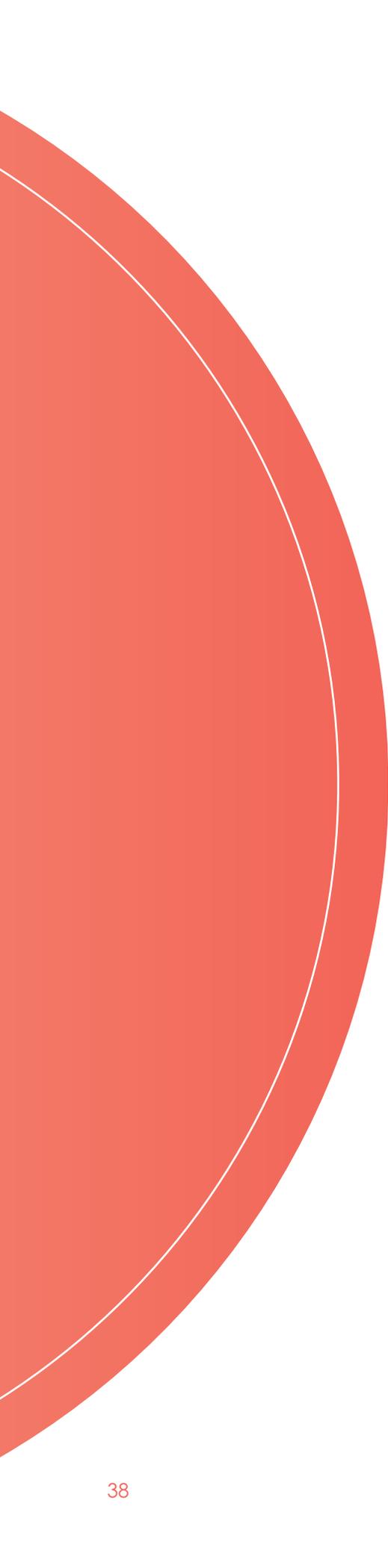
- Identify the impact on leadership related to surge capacity, ambiguous loss, and moral tension.
- Translate tools to relate to the varied management of compassion fatigue, vicarious trauma, and burnout.
- Design strategies necessary to support the capacity to sustain high performance in the face of increasing demands by managing energy versus time.

“Sustainability is addressing the needs of the present so that we may weather the needs of the future and be able to perform in the storm.”

– Line Perron

“I really liked that Line was very knowledgeable and personal. Not only did she provide facts but added a personal touch too. I learned a lot, especially being able to talk and discuss with other people.”





Experiential Learning

1

Brain Architecture Game®

(3 hours)

2

Life Capacity Mental Health Simulation™

(3 hours)

3

LEGO® Serious Play®

(6 hours)

The Brain Architecture Game®

(3 hours) In-Person Only

Imagines' facilitators have been trained to facilitate the Brain Architecture Game®. The game's genesis emerged from a unique partnership between developmental scientists from the National Scientific Council on the Developing Child and communication scientists at the FrameWorks Institute. The Brain Architecture Game is a dynamic and interactive tool for understanding early brain

development. Community or organizational teams guide a simulation of brain development through various stressors, tracking its growth and experiences. Engage in group debriefs based on recorded journeys in life journals. Ideal for community members interested in neuroscience and early childhood development.

Learning Objectives

- Observe how life experiences impact early brain development.
- Discuss prevention and intervention possibilities that could make a difference in brain development.

Life Capacity Mental Health Simulation™

(3 hours) In-Person Only

Life Capacity Mental Health Simulation™ is an Imagine Institute for Learning created experiential activity designed to help participants build empathy and compassion around mental health by inviting them to explore and play out different life paths an individual might take within a lifespan. Participants will draw unique life stories representing different walks of life and then draw cards that represent significant events in that individual's life. There is no winning or losing. Participants will do their best to manage their physical and mental health so that

they can live well into old age. The stories they create will contain positive and negative coping skills, traumatic events, and catastrophes that may entirely rewrite the path they had thought they were following. The individuals in the stories may lead long, healthy lives, or the opposite, in some cases even dying by suicide. The game takes an unflinching look at the roles that privilege, resiliency, trauma, and interpersonal relationships play in people's lives.

Learning Objectives

- Recognize the realities of mental health in relation to life experiences and life capacity.
- Provide a tangible method for a safe way to discuss and question the impact of mental health realities across lifespans and cultures.
- Discuss prevention and intervention possibilities that could make a difference in understanding and responding to mental health needs.

LEGO® Serious Play®

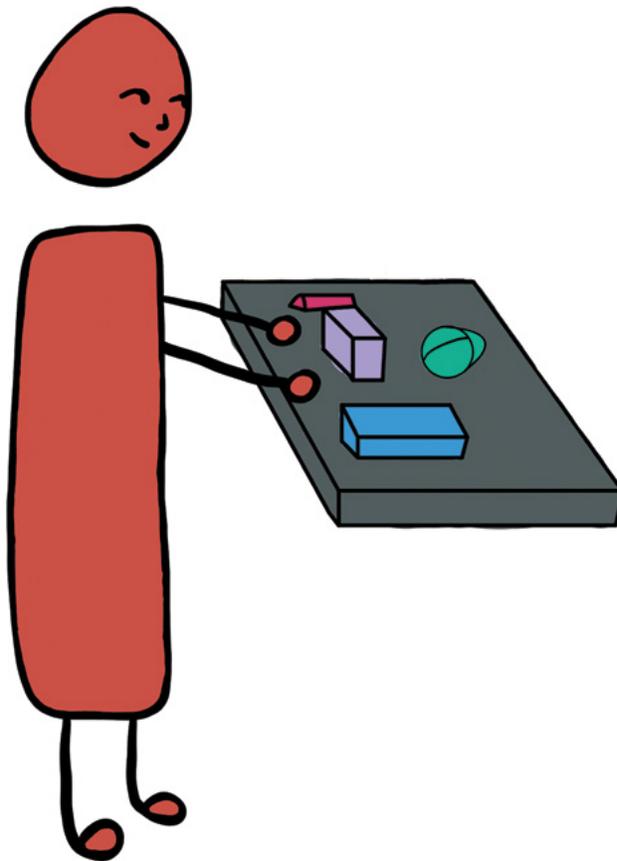
(6 hours) In-Person Only

Are you looking for a fun and creative way to help your team explore and talk about ideas, challenges, or strategic planning? We've got just such an approach! Using LEGO® Serious Play® method, we use LEGO® bricks and elements to help people "think with their fingers." In a world that looks outward to find ideas and answers

to the challenges ahead, this full-day training is an opportunity to look inwards and tap into the genius and playfulness of your team. This method supports an interactive way to motivate your team to talk about challenging topics and collaborate on finding solutions.

Learning Objectives

- Efficiency in organizational thinking and conversation.
- Inspire creativity and critical thinking.
- Restore energy with playfulness.
- Increases resilience and empathy.
- Create community.



“This was an amazing training experience and one I think everyone that works with both children and people should be taking. I think it opens our eyes to others in a deeper more connected way and with this information more compassionate and empathetic people.”



“I appreciate Imagine's blend between sharing the research and info and the hands on practical/what does that look like/what can I do.”



Specialized Facilitation

1

Customized Strategic Planning Support
(Varies)

2

Lunch & Learning Customized Conversations
(1 hours)

3

Professional Facilitation of Customized
Celebrations/Anniversaries
(Varies)

4

Rebuilding Team Culture
(6 hours)

Customized Strategic Planning Support

In-Person Only

Lead and participate with your team in planning meetings with Imagines' senior facilitators. Engage with facilitators in interactive planning and idea generation, documenting discussions and decisions. Receive a tailored document summarizing the session's outcomes and strategic decisions. Customizable to your organization's needs.

Lunch and Learn Customized Conversations

(1 hour)

Join Imagines' Lunch and Learn sessions for insightful conversations on relevant topics in a condensed format. Customize sessions to suit your organization's needs. Engage in meaningful reflection and discussion, with opportunities to share questions and experiences.

Learning Objectives

- Discuss topics relevant to professionals.
- Create a sense of learning community.
- Explore tools and skills related to the selected topic.

Professional Facilitation of Customized Celebrations/ Anniversaries *In-Person Only*

Seeking engaging facilitation to celebrate workplace achievements? Our master facilitators craft fun and meaningful experiences tailored to your team's needs, whether for team building, retirements, keynotes, or retreats. Customize your session to meet your goals. Contact info@imagineinstitute.ca for more information or pricing.

Rebuilding Team Culture

(6 hour) In-Person Only

Staff turnover, new leadership, budget cuts, personality clashes—whatever the reason, teams face challenging times. Getting them together and making them a priority for the well-being of everyone involved can require a lot of time and effort. Our skilled facilitators engage four elements to recharge team energy.

Learning Objectives

- Explore the talents, not just the skills of team members.
- Determine the right outcomes before setting expectations.
- Celebrate and acknowledge the strengths, not the weaknesses.
- Discuss the right fit, not the right position.

Coming Fall 2024

 Compassionate Understanding: Navigating Loss and Grief After Suicide

 Unconscious Exclusion: Navigating Equality and Perception

 Life Capacity – Mental Health Simulation

 Culturally Responsive Practice in Childcare – Director's Orientation

Special Announcement

Coming soon...and here NOW! Did you know that the Imagine team members are seasoned, reflective practitioners who have your back when it comes to exploring the challenges of being a Trauma-Informed organization in today's world? Let's connect. We would love to nurture and celebrate your team with you. Let's talk about the energy your team is pouring into their vital work for communities. Let's talk about organizational sustainability. Let's talk about Trauma-Informed care and practical strategies to actualize it, starting with you! Let's talk about the good, the bad and everything in between. Let's get real. Reach out to us, and we promise to reach back. If you are interested and want to know more, contact Heather@imagineinsitute.ca

Join our newsletter for the latest developments at Imagine Institute for Learning.

[Click here](#) or go to imagineinstitute.ca to sign up for the Newsletter

[Click here](#) or go to imagineinstitute.ca/bookings to view upcoming training

Recommended Training Packages

The following have been collated to guide competency and capacity building within your organization and workforce.

Becoming a Trauma-Informed Organization (33 hours)

- Transforming Practice through Trauma-Informed Principles (12 hours) p.11
- Intergenerational Wisdom (12 hours) p.12
- Trauma-Informed De-escalation Strategies (TIDeS)[™] (6 hours)..... p.12
- Understanding Unconscious Bias (3 hours)..... p.21

Supporting Human-Centered Leadership (33 hours)

- Stepping Up: Trauma-Informed Leadership (12 hours) p.36
- Depolarizing Leadership (12 hours)..... p.35
- Strategies for Reflective Supervision (6 hours) p.36
- Workplace Culture and Playfulness (3 hours) p.25

Suicide Prevention Practices (12 hours)

- QPR–Suicide Prevention (3 hours) p.16
- Understanding Suicide (3 hours)..... p.17
- Compassionate Understanding: Navigating Loss and Grief After Suicide (3 hours) p.15
- Life Capacity Mental Health Simulation[™] (3 hours) p.39

Exploring Diversity, Equity, and Inclusion (27 hours)

- Psychological Safety in the Workplace (12 hours) p.23
- Fostering Reflective Practice in the Workplace (6 hours)..... p.23
- Supporting Neurodiversity in the Workplace (6 hours) p.25
- Unconscious Exclusion – Navigating Equality and Perception (6 hours)

Building Engagement Capacity with Clients (18 hours)

- Creating Healthy Professional Boundaries (6 hours) p.19
- Self-Compassion: Moving from Self-Care to Self-Sustainability (3 hours) p.20
- Navigating Challenging Conversations (6 hours) p.19
- Supporting Clients with Goal Setting (3 hours)..... p.20

Understanding the Value of Mental Health in the Workplace (37 hours)

- Human-Centred Approach to Understanding Mental Health™ (12 hours) p.15
- Mental Health First Aid for Supporting Older Adults (14 hours)..... p.16
- Compassion to Action™ (6 hours) p.13
- Understanding Loss and Grief: Navigating Change in the Workplace (3 hours)..... p.15

Developing Group Facilitation Skills (18 hours)

- Group Facilitation: Introduction (6 hours) p.24
- Group Facilitation: Using Brain Science and Storytelling (6 hours)..... p.24
- Group Facilitation: The Art of Trauma-Informed Facilitation (6 hours)..... p.24

The following collections are focused on child development.

Understanding Child Development (21 hours)

- The Early Years of the Developing Brain (6 hours) p.27
- An Introduction to Social-Emotional Development (3 hours) p.27
- Building Secure Relationships (3 hours)..... p.32
- Understanding Temperament (3 hours)..... p.29
- Responding to Trauma in Early Childhood (6 hours)..... p.29

Understanding and Guiding Behaviour (21 hours)

- The Early Years of the Developing Brain (6 hours) p.27
- Reframing Challenging Behaviours (3 hours) p.28
- A Trauma-Informed Approach to Guiding Behaviours (3 hours)..... p.31
- Creating Boundaries around Children and Technology (3 hours)..... p.28
- Learning Through Play (3 hours) p.28

