Psychological Health and Safety Certificate

BC MUNICIPAL SAFETY Association

MWH
MYWORKPLACEHEALTH

CUPE BC
CANADIAN UNION OF PUBLIC EMPLOYEES BRITISH COLUMBIA

CUPE members interested in the Fall 2021 Psychological Health & Safety for Employees Certificate Program offering are welcome to submit applications online by August 16, 2021. CUPE BC will review all applications and select forty (40) participants, with consideration given to ensuring equal representation from all regions and from all equity-seeking groups.

CUPE BC will notify all successful applicants by August 30, 2021 to allow sufficient time for employer book-off requests. The BCMSA will then contact all registrants separately by September 1, 2021 to provide course access instructions.

Please note that CUPE BC will assume the cost of the program registration fees. Local offices, however, will be responsible for covering all associated book-off expenses in order for members to attend.

Should you have any questions regarding the program and/or the online application process, please contact the CUPE BC Division Office (info@cupe.bc.ca) for further assistance.

REGISTER

Employee Certificate

SEPTEMBER 29, 2021

Remaining Psychological Healthy, Well & Resilient through Stressful Times (4 hours)

- Define Psychological Health
- Summarize Common Psychological Health Issues
- Identify ways to improve psychological health
- Discuss the impacts of stress
- Identify positive ways to manage stress

SEPTEMBER 30, 2021

Enhancing Personal & Workplace Relationships: Effectively Communicating & Managing Interpersonal Conflict (4 hours)

- Explain the importance of effective communication
- Describe common communication issues
- Demonstrate strategies to improve communication
- Demonstrate strategies to manage interpersonal conflict

OCTOBER 27, 2021

Initiate Strategies for Work life Harmony (4 hours)

- Discuss work life harmony
- Describe strategies for increased harmony

OCTOBER 28, 2021

Discuss Civility and Respect (4 hours)

- Explain civility and respect
- Explain diversity and inclusion
- Recognize biases
- Discuss civil and respectful communication
- Differentiate communications approaches
- Apply civility and respect to difficult situations