



## Young Workers' School at Camp Jubilee

BC Federation of Labour

September 15 - 17, 2017

# Workshops

There are six core courses being offered at this year's Young Workers' School. Participants must register for one course.

### **Organizing to Win**

This course will cover the key skills needed to successfully put together a winning campaign. Learn the power of one-on-one conversations, how to identify workplace leaders, mapping and the key components of a great campaign. This course is suitable for experienced activists who are moving into leadership roles within their union.

### **Workplace Mental Health**

One in four people will experience a period of mental illness in their lifetime. Responding to mental health issues is, therefore, critical in all workplaces. Learn more about mental illness, how to decrease stigmatization and better support those with mental illness in our workplaces.

### **Equity and Inclusion in the Workplace**

Our workplaces are becoming increasingly diverse, yet we have a lot of work to do when it comes to diversity and inclusion in our workplaces. Too many workers of colour, Indigenous workers, workers with disabilities and people who identify as LGBTQ face daily barriers in the workplace - from micro aggressions to overt racism. As a result, members of equity seeking groups are less likely to be in leadership positions. We can do better. Learn skills that will help you tackle inequality in your workplace. We will unpack power, privilege and ally-ship and share strategies in practising anti-oppression and creating spaces for collective empowerment.

### **Introduction to Labour History**

This course will explore the roots of the labour movement – how we have grown, victories we've secured for working people and critical moments in history that have defined our movement. You will gain a deeper understanding and appreciation for the struggles that have shaped our current world and the roles working people have played in building our communities and country.

### **Introduction to the Labour Movement**

The labour movement has a long and proud history in Canada and around the world. The collective action of working people has made a huge difference in the lives of millions of people – including yours and mine. This course will explore structure of the labour movement, labour laws that protect working people, and opportunities going forward to grow and strengthen our collective movement.

### **Leading Workshops with Confidence**

Are you interested in becoming a facilitator for your union? This course will equip you with the skills and strategies you need to deliver effective workshops to adult learners. Through examples and hands-on practice, you will learn the building blocks of an effective workshop that will keep your participants engaged and ensure that they get the most out of your presentation.