



## HOSPITAL EMPLOYEES' UNION

### PROVINCIAL OFFICE:

5000 North Fraser Way, Burnaby, BC V5J 5M3 • TEL: 604-438-5000 • FAX: 604-739-1510 • WEB: [www.heu.org](http://www.heu.org)

February 28, 2019

### Secretary-Treasurers

Dear Sisters, Brothers and Friends:

### **Re: Break Open, Bust Out: Authentic Leadership for Women of Colour – July 3 & 4, 2019**

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The Break Open, Bust Out training is an opportunity for HEU members who are women of colour (mixed/bi-racial, Indigenous, and trans-identified women of colour) and who want to further develop their leadership skills.

Inside and outside of our union, women of colour can experience barriers to participation and leadership. This training is designed to aid, support and encourage women of colour to bring more of who they are and what they offer to union work. This course creates space for reflection, personal growth and building strong leadership skills.

HEU recognizes and honours the complexity of intersectional identities and is committed to supporting women of colour to excel in leadership roles within the union.

Course topics include:

- Reclaiming vulnerability, valuing emotions as information
- Implicit bias messages we absorb
- Accessing personal power, reclaiming our story
- Authentic communications, recognizing and unhooking from triggers
- Playing to our strengths, growing our inner warrior
- What would we be doing if we had more positional/collective power or felt more powerful?

The course will be facilitated by Annahid Dashtgard, a leadership training expert from Anima Leadership, in downtown Toronto on July 3 and 4, 2019. More information can be found at [https://animaleadership.com/training/break\\_open/](https://animaleadership.com/training/break_open/).

HEU will invite course participants for a follow-up workshop on September 19, 2019. Interested members should be available for both the course and the workshop.

Interested members should complete the attached forms in full and return their applications to the provincial office **Attention: Lindsay Pepper**, Education and Human Rights Department by **Thursday, May 9, 2019**. **Please return only ONE copy of the application – either by fax or mail.**

Depending on the total number of applicants, there may be a selection process. We will be contacting applicants by telephone or mail once the selection process has finished.

In solidarity,

Jennifer Whiteside  
Secretary-Business Manager