



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

November 2, 2017

Secretary-Treasurers

Dear Sisters, Brothers, and Friends:

**Re: Break Open, Bust Out: Authentic Leadership for Women of Colour
Mid-January – March, 2018**

Leadership is a challenging enough path for many women. For women who are racial minorities there is a whole other layer both internal and external barriers to push through.

HEU is offering *Break Open, Bust Out* course facilitated by Annahid Dashtgard, a leadership training expert from Anima Leadership. It will be offered between mid-January and March, 2018.

This course is a supportive journey to break open and see the ways we block our own power, and bust out to bring more of who we are, and what we have to offer, into the world and into our union work.

This six-week-long course is offered online to provide space for guiding (weekly videos posted online each week), growing (practices designed to deepen the learning and readings to support the key ideas from that week's video), and gathering (private facilitated discussion group). The online course provides women with the flexibility to participate in the course at times that are convenient. There is no wage replacement available with this course offering.

HEU members who are women of colour (mixed/bi-racial, Indigenous, and trans-identified women of colour) are invited to apply for this course and take another step forward in your leadership journey.

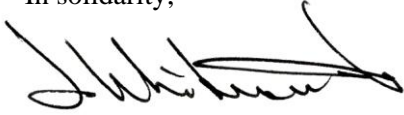
Break Open, Bust Out: Authentic Leadership for Women of Colour is a self-reflection and leadership course that will cover the following topics:

- Week 1. Reclaiming Authenticity: Valuing Emotions as Information
- Week 2. Implicit Bias: Messages we Absorb
- Week 3. Accessing Personal Power: Reclaiming Our Story
- Week 4. Authentic Communication: Recognizing and Unhooking from Triggers
- Week 5. Playing to Our Strengths: Growing Our Inner Warrior
- Week 6. Truth or Dare: What would I be doing if...?

Please return the applications to the Provincial Office **Attention: Jamie Cruz**, Education Department by **5 p.m., Thursday, December 7, 2017. 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,

A handwritten signature in black ink, appearing to read 'J. Whiteside', with a stylized flourish at the end.

Jennifer Whiteside
Secretary-Business Manager

Enclosures

cc: Chairpersons, Provincial Executive, Reps & Directors