



“Education guides and empowers us. It helps us face challenges and create change. We learn and rise together.”

–President Thomas Hesse

“Learning about and improving your deeper self is the best gift you can give. Not only to yourself but those you care about.”

– Secretary-Treasurer
Richelle Stewart

What can you expect?

- To grow your interpersonal skills
- To learn about your rights at work
- You will learn to understand your reactions to certain situations

HOW TO APPLY

If you are interested in applying to the Leadership Academy, you can access the application on our website: www.gounion.ca/education or scan the QR code below:



Leadership Academy Sign Up



EDMONTON
14040 – 128 Ave
780-452-0362

CALGARY
#100, 46 Hopewell Way, NE
403-291-1047

RED DEER
#1, 4646 Riverside Drive
403-342-0150

LETHBRIDGE
#104, 3305 18 Ave N
403-328-4245

MEDICINE HAT
640 3rd St SE,
T1A 0H5
780-452-0362 ext.1204

BROOKS
631 A Sutherland Dr E
403-501-8486

TOLL FREE:
1-800-252-7975

EMAIL:
ufcw@ufcw401.ab.ca

Leadership Academy



“The knowledge I gained has enriched the foundation for my happiness and success.”

–Teresa Ludwig,
Safeway Member



Level One

Courses & Description

Leadership Training

An introduction to developing the skills needed to be an effective leader in the workplace, Local 401, and in the community. Participants will learn how to empower themselves and others.

Introduction to Emotional Intelligence

The ability to understand, use, and manage your own emotions in positive ways to relieve stress, communicate effectively, empathize with others, overcome challenges, and defuse conflict.

Public Speaking

From time to time, members may be required to address large groups. This course will help participants to develop the confidence and the skills to do so.

Advanced Shop Steward

Building further on the skills learned in the shop steward course, participants will focus on building their investigation, communication, and problem-solving skills.

Internal-External Organizing

Participants will learn what organizing is and how it differs between internal organizing in the workplace and outside of their workplace.



Level Two

Courses & Description

Conflict Resolution

In the workplace there can be different types of conflict. Participants will learn the skills to recognize conflict and how to effectively resolve it.

Debate Training

Whether you are in a discipline meeting, resolving a grievance, or participating in negotiations, debate training will provide the participant with the necessary skills to vocalize, advocate, and achieve their goals.

Advanced Leadership

Building on and expanding the skills learned in level 1 Leadership Training, Advanced Leadership will help leaders develop their own style of leadership that will result in unleashing the full potential of themselves and those they are working with.

Advanced Organizing

Building on and expanding the skills and knowledge learned in Level 1, participants will be required to develop and initiate programs for both internal and external projects.

Emotional Intelligence: Dealing with Stress

With increases in work expectations and stressors, both at home and at work, participants will use the skills learned from emotional intelligence to recognize and deal with stressful situations.



Level Three

Courses & Description

Cultural Consciousness

Recognizing the diversity in our workplaces, Local 401, and our community, participants will learn skills to communicate and support individuals from different cultures.

Meaningful Mentoring

Graduates of the Academy will become future mentors for Academy participants as well as mentors to others in their workplaces. This course will give them the knowledge and skills to develop and be successful in these relationships.

Effective Feedback

We learn from our successes and failures. Learning to give and receive feedback helps us with that growth.

Advanced Health & Safety

This course provides skills and knowledge beyond the requirements of a Joint Health and Safety Committee member. How to read and interpret the Act, Code and Regulations. In addition, members will learn more about the Duty to Accommodate and the Workers Compensations system.

Understanding the Role of a ULRO

Participants will learn that the role of a Relief Union Labour Relations Officer (ULRO) includes developing skills for the filing and handling of grievance files, start to finish, and developing communication skills, both verbal and written.

Negotiations

Participants will take a deeper look at the legislation that governs collective bargaining. What is the role of a representative in bargaining? How to conduct meetings and develop communication strategies for collective bargaining.