

Purpose:

To provide a fundamental understanding of group process and facilitation to enable the participants to take on more leadership roles in their group or organization.

Philosophy

While many of these skills will apply to any kind of group, this course will emphasize skills and methods for creating an appropriate environment for groups whose goals are mutual support, healing, and personal thriving.

We view your leadership as a commitment to make sure that things will go well in your group, not as a process of directing or controlling a group. Leadership is a service to the community.

The training will be experientially based, with presentations being enhanced by participants engaging in exercises and role plays to practice the principles and techniques of group process. Participants will be given opportunities to take on leadership roles and assist with planning during the course.

While there is a clear plan for the structure of the training, our philosophy is to always remain open to the changing needs of the group and adapt the course dynamically. We aim to train leaders who are flexible and responsive to group needs.

Learning Objectives

On completion of this training, participants will have an introductory understanding of group dynamics, leadership styles and basic facilitation skills, including:

- Goal-Setting - Vision/Goals/Plans
- Trust Building /
- Creating Safe Space
- Interpersonal Communications
- Skills
- Understanding Group
- Communications Process
- Conflict Management Skills
- Task (specific goals) vs. Maintenance (group support) Issues
- Leadership Styles
- Building Shared Leadership
- Leadership as Service
- Stages of Group Development
- Strategies for Equalizing Participation / Empowerment Issues
- Understanding Diversity
- Handling Crisis Situations
- Starting and Facilitating a Support Group

Leadership Skills to Empower and Facilitate Groups

Develop your leadership and facilitation skills

Become a more effective group participant

Increase your organization's skill base

Two weekends in November could change the way you think about yourself, others and groups!

***Fridays and Saturdays
10am to 5pm***

November 16th, 17th, 23rd, 24th

Sponsored by

- Survivors of Abuse Recovering Society
<http://survivorsofabuserecovering.ca>
- Apple Tree Landing Children's Centre
<http://nsnet.org/appletreelanding>
- The Self-Help Connection
<http://www.selfhelpconnection.ca>

Space is Limited!

For more information:
<http://survivorsofabuserecovering.ca>

About the Instructors:

The two weekends in November will be facilitated by Bruce Dienes and Debra Reimer. There will be an optional follow-up session in the new year focused specifically on starting Support Groups facilitated by Linda Bayers.



Bruce Dienes, Ph.D. is Chair of the Board of Survivors of Abuse Recovering Society (S.O.A.R.).

Bruce holds a doctorate in Psychology and has thirty years experience with group facilitation and leadership.

He has taught a course on "Issues in Support Group Leadership" at the University of Illinois and coordinated the Self-Help Center there for six years. He teaches Community Psychology at Mount Saint Vincent University.

He has taught community courses in Conflict Management, Peer Counselling, Leadership Skills, Facilitation Skills and Community Development Skills.



Debra Reimer, MSW, RSW is currently the Executive Director, Apple Tree Landing Children's Centre. Debra has attained a BA (Psych), a Diploma in Counseling and a

Master of Social Work.

She began working in direct programming with the Kids Action Program (AVH CAPC) in the fall of 1994. Through her work she has 13 years experience facilitating support groups, parent education groups and personal development groups.

She is a strong advocate for children and families and entered the Non-Profit Family Resource field to help address injustices and barriers families face every day. She has first hand knowledge about the difficulties faced while living in poverty; it was that experience that influenced her decision to do the work she does.



Linda Bayers, Ph.D. is Executive Director of Self-Help Connection, a province-wide Self-Help Resource Centre in Nova Scotia founded in 1987.

She is a graduate of Dalhousie University, Saint Mary's University, and the University of South Australia, receiving a Ph.D. in Education in 2004.

She is also a Research Associate at Dalhousie's Atlantic Health Promotion Research Centre, and an Education faculty member at Mount Saint Vincent University. In 2006, she received a "Rebel With a Cause" Award from the Elizabeth Fry Society, honouring her work as a social justice advocate in the areas of self-help, peer support, mental health, and poverty.

Application Form

Name _____

Organization _____

Address _____

Town _____

Province __ Postal Code _____

Phone _____

Email _____

Course Fee _____ \$150

Subsidy Requested: - _\$ _____

Total: = _\$ _____

Space is limited! Apply soon!

Do not enclose any money with your application. You will be contacted to confirm your space.

If anyone finds the cost out of reach, please let us know what you are able to pay when you apply.

Mail to S.O.A.R at:

P.O. Box 105, Kentville, N.S., B4N 3V9

Call or email if applying after Nov. 8th

679-7337 or 877-679-7627

training@survivorsofabuserrecovering.ca

<http://www.survivorsofabuserrecovering.ca>