



# PROFESSIONAL LEARNING SERVICES

**ATTEND AT MCMASTER HOUSE  
OR REQUEST PROFESSIONAL  
LEARNING AT YOUR SCHOOL  
OR VIRTUAL.**

Professional and French Language Services (PFLS) is pleased to share the professional learning experiences for the 2022-2023 school year.

More than a one-off workshop: the PFLS Team will work with you to deliver professional development and facilitate collaborative learning with teacher teams.

**2022/2023**

# Equity and Anti-Racism

## **Introduction to Anti-Racism** (UPON REQUEST)

This session will introduce you to anti-racism education. Topics include the understanding of anti-racism, historical and contemporary contexts, and the ways that racism impacts teachers, students, and school communities.

### **Participants will:**

- » develop language related to race, anti-racism, and equity in schools;
- » examine anti-racism work through a variety of lenses; and
- » identify actionable steps to improve equity in schools.

*DISPONIBLE EN FRANÇAIS*

## **How to be an Anti-Racist Teacher** (UPON REQUEST)

In this session you'll examine practical tools to engage in anti-racism and anti-oppression work in your classroom and school. Topics include avoiding equity detours, having conversations about race and racism, building equity spaces, and allyship.

### **Participants will:**

- » build a toolkit to address racism and oppression;
- » understand the ways bias impacts relationships, classrooms, and schools;
- » explore how racism and bias impact student engagement; and
- » understand the importance of allyship.

*DISPONIBLE EN FRANÇAIS*

## **Creating Safer Spaces** (UPON REQUEST)

Teaching contentious topics can be challenging for many reasons. Both teachers and students have varying levels of knowledge about the historical and contemporary implications of these topics. In addition, many of these topics are complex and even controversial. This workshop will provide guidance for teachers on how to address contentious topics in the classroom while working with their school team and families to create safe spaces for all.

### **Participants will learn:**

- » how to address contentious topics in the classroom appropriately to create safer spaces for all;
- » how to work collaboratively with communities seeking equity by engaging with the school team and families as partners in social justice work; and
- » how to respond to difficult situations related to contentious topics in the classroom, especially when they anticipate a trap. They will also learn how to protect themselves as teachers.

*DISPONIBLE EN FRANÇAIS*

# Sustainable Approaches to Flourishing Educators



## Good Grief: How to cope and move forward

**Where: McMaster House**

**When: November 21, 2022, or January 31, 2023**

**<https://memberlink.mbteach.org/Events.aspx>**

The pandemic has been hard for all of us. Most of us feel like we have lost something, but we can't always describe what has been lost.

### Participants will:

- » the difficulty of grieving when we live in a death phobic and grief illiterate society
- » what we learn about grief from our families, culture, communities and religious institutions
- » myths that we are taught about grief
- » the idea that love and grief are inextricably linked. Grief and loss are the price of living a connected life
- » what is normal in grief (because most people worry that they aren't doing grief right)
- » how grief affects your body
- » how grief affects your brain
- » the process of grief – it is more than the 5 stages of grief
- » the new diagnosis called Prolonged Grief Disorder, and the controversy around it
- » the concept of ambiguous losses: those which are unclear, and difficult to resolve, and how that connects to racism
- » ways to cope with grief and loss, and the role of self-compassion and empathy
- » the myth of closure, and what we get instead of closure.



## Recovering Your Mental Health After Two Years of the Pandemic: Creating a Personalized Mental Health Plan

**(UPON REQUEST)**

After two years of being pummeled by change and loss, all of us are experiencing mental health challenges. No one is immune. In this workshop we will examine the mental health continuum, a non-stigmatizing approach to mental health. Educators will be able to assess their

own self-regulation, and what improves it or impedes it. This workshop aims to help people identify where they are struggling, and what they can do about it. Educators will choose from multiple strategies to apply to their own personalized mental health plan.

### Participants will:

- » learn a new way of approaching mental health;
- » assess your own self-regulation; and
- » create a personalized mental health plan.

*Note: Feeling safe is necessary. No one will be asked to share if they do not want to.*

**DISPONIBLE EN FRANÇAIS**



## Educator Self-Compassion

**(UPON REQUEST)**

This workshop focuses on building an understanding of, and skills related to self-compassion as it relates to educator wellness. Developed by Dr. Kristin Neff, and made popular in the recent book, *Self-Compassion for Educators* by Lisa Baylis, self-compassion is an evidence-based psychological intervention that is gaining steam with educators.

### Participants will:

- » learn the theory, concepts, and research behind self-compassion;
- » engage in written and guided self-compassion practices; and
- » develop a plan of how to use self-compassion in life and school.

**DISPONIBLE EN FRANÇAIS**

# Learning for Leading



## Insights Discovery® for Leaders

**Where: McMaster House**

**When: November 7-8 & March 13-14**

**<https://memberlink.mbteach.org/Events.aspx>**

### DAY 1 - INSIGHTS DISCOVERY®

Insights Discovery® is a powerful tool to enhance relationships and increase emotional intelligence. Here participants will gain an understanding of their own personal profile, insight into their work style preferences and the impact they have on leadership.

#### Participants will:

- » gain an understanding of Insights Discovery® as a tool for understanding and adapting;
- » recognize perceptions and preferences as the foundation of belief and actions; and
- » learn to better collaborate with and meet the needs of other professionals.

### DAY 2 - DISCOVERING LEADERSHIP EFFECTIVENESS

Building on the foundation model, Insights Discovery®, participants will explore their personal leadership style and unique value. Through a series of workshops and coaching sessions, they will explore the ways their individual style and preferences manifest themselves to:

- » create a compelling vision;
- » produce results; and
- » maximize the effectiveness of their team through shared goals and values.

Discovering Leadership Effectiveness will help participants become the best leaders they can be.



## Leading with Trust (UPON REQUEST)

Trust is the foundation of any healthy relationship. It's a key predictor of success and engagement in healthy schools. If you're passionate about positive relationships, student success and engagement, this workshop is for you.

#### Participants will:

- » understand the pivotal role that trust plays in improving student success and increasing staff commitment;
- » explore practical strategies to increase levels of self-trust and interpersonal trust; and
- » develop an action plan to guide their workplace relationships and personal growth.



# Teacher-Led Learning Team



## Teacher-Led Learning Team

(UPON REQUEST)

**WHY:** The mandate of the Teacher-Led Learning Team is to design and facilitate workshops for Society members across the province.

**WHO:** TLLT workshops are available to MTS members. Educational assistants and support staff may attend TLLT workshops in their school for an additional charge of \$20 per person.

**WHAT:** TLLT workshops are half-day (3 hrs) or full-day (5.5 hrs) sessions offered by teachers for teachers. The cost is \$175 booking fee.

**WHERE:** TLLT workshops are offered at your school site or divisional PD day.

**WHEN:** TLLT workshops can be requested for any date, subject to the availability of TLLT facilitators. Book early to avoid disappointment.

**HOW:** To request a TLLT workshop: [http://www.mbteach.org/pdfs/pd/PLS\\_Contract\\_ENG.pdf](http://www.mbteach.org/pdfs/pd/PLS_Contract_ENG.pdf)

## Building Safe Spaces

**IT'S ALL ABOUT YOU!**

**HALF OR FULL-DAY**

Thinking proactively about teacher approaches can change classrooms. Based upon the professional needs in your school, choose your own adventure to explore either a half-day (two topics) or full-day (all topics) of learning.

**Topic options include:** 3P'S of teaching (passion, presence, power), classroom routines and other considerations, the Brain Trumps, and intervention strategies. Preferences; tools for talking about things that matter.

*DISPONIBLE EN FRANÇAIS*

## CURRENT 2STLGBIA+\* REALITIES

**HALF-DAY**

Participants will learn strategies for developing 2STLGBIA+ inclusive classrooms and schools.

**Topics:** Terminology (gender and sexual identities); societal norms of sex, gender, orientation and gender expression; supporting students who are coming out; starting and maintaining a GSA; and addressing everyday discrimination.

## TOWARDS TRAUMA-SENSITIVE CLASSROOMS HALF-DAY

Participants will explore the impact adverse childhood experiences (ACEs) has on students' learning and how teachers can shift their thinking and classroom practices to support the diverse needs of all their students.

**Topics:** ACEs; trauma in the classroom; learning-ready state vs survival mode; setting up an environment for all students to thrive; and vicarious trauma.

## Collaborative Relationships

### HIGH-IMPACT TEAMS

**HALF-DAY**

Participants will identify characteristics of and strategies to enhance meaningful collaborative work within grade-level teams, PLCs, and departments.

**Topic options include:** Qualities of high-performing groups, strengths and impacts of work style preferences; tools for talking about things that matter.

\* This workshop complements Fish! Food for Thought.

### FISH! FOOD FOR THOUGHT

**HALF-DAY**

Participants will learn about the Fish! Philosophy, a mindset that inspires creativity, joy, and productivity to enhance the work we do with students and the way we work with colleagues. This is important because the ability of teachers to collaborate and work together is paramount to student success.

**Topics:** Working with a gameful mindset, choosing attitude, finding joy, and being present. \*This workshop complements High-Impact Teams.

### RETHINKING THE INCLUSIVE CLASSROOM: WORKING WITH EAs TO SUPPORT DIVERSITY

**HALF-DAY**

Participants will explore practices and guidelines that enhance dynamic working relationships between teachers and EAs.

**Topics:** Roles and responsibilities of Educational Assistants; MTS policy and provincial regulations; effective communication strategies; preparation, guidance, and supervision of EAs.

## Let's Talk

### DIFFICULT CONVERSATIONS

#### FULL-DAY

Participants will explore knowledge and skills to have purposeful conversations when stakes are high, emotions are strong, and opinions vary.

**Topics:** Exploring the 3W's of avoidance – what, why, and ways people avoid important conversations; clarifying motive, mindset, conditions, and purpose in preparation for conversations; and applying new knowledge and reflecting on conversations using a framework; and considering communication stumbling blocks, triggers, and diffusion techniques to stay in dialogue.

### BETTER CONVERSATIONS

#### FULL-DAY

**Pre-requisite:** Difficult Conversations

Participants will apply skills learned in Difficult Conversations through the lens of three big ideas: A Better Me (self-awareness); A Better We (relational awareness); A Better Conversation (conversational awareness).

**Topics:** Understanding how values impact behavior in conversations; active listening skills; communication stumbling blocks; and diffusion techniques to stay in dialogue.

## Indigenous Education

### OPENING THE DOOR TO RECONCILIATION THROUGH STORY & FACT

#### HALF-DAY

Participants will explore the role of education to “redress the legacy of residential schools and advance the process of Canadian reconciliation” (TRC, 2015).

**Topic options include:** Story and fact; The Indian Act; Sixties Scoop; enfranchisement; residential schools; The Peasant Farming Act; Pass & Permit systems; and internalized oppression.

**DISPONIBLE EN FRANÇAIS**

For more information, please contact  
**pdevents@mbteach.org**

To request a TLLT workshop: [http://www.mbteach.org/pdfs/pd/PLS\\_Contract\\_ENG.pdf](http://www.mbteach.org/pdfs/pd/PLS_Contract_ENG.pdf)



## Customized Professional Learning Services by MTS Staff

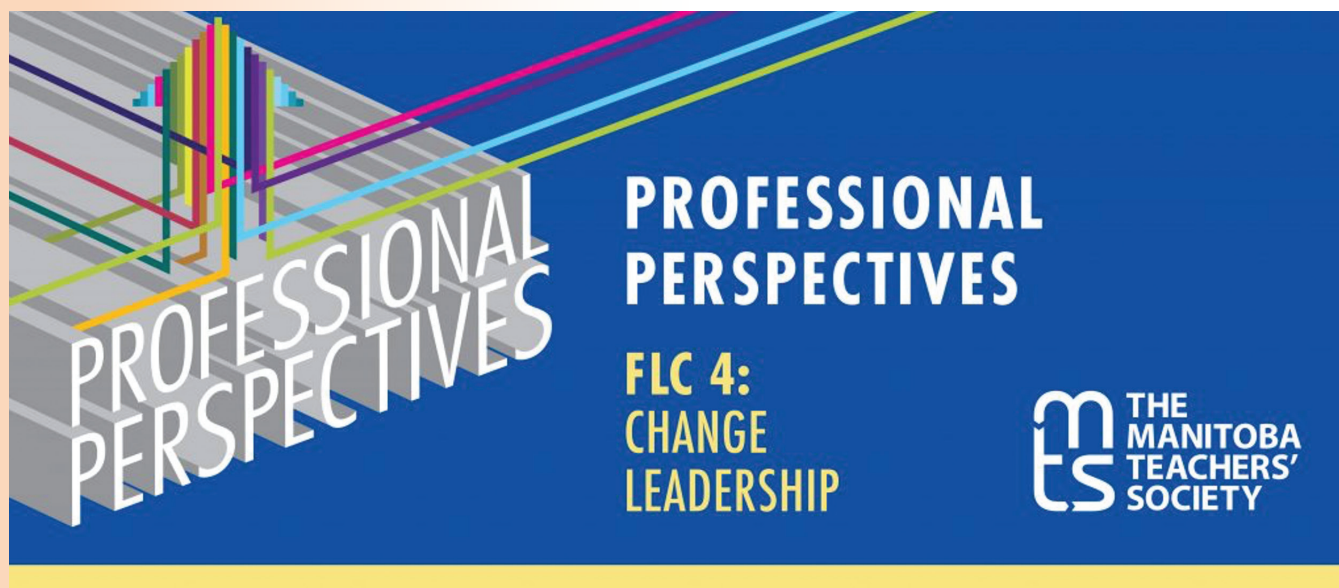
Staff from the Professional and French Language Services department are available to provide presentations and workshops at school sites throughout the province on a wide variety of topics designed to meet the needs of your specific context. Workshops are subject to some topic restrictions and the availability of a staff facilitator.

The cost of this service is a \$175 booking fee. Educational assistants and support staff may attend these workshops in their school for an additional charge of \$20 per person.

**DISPONIBLE EN FRANÇAIS**

## FLC 4 (COSL)

# Professional Perspectives: Change Leadership



### Course Description

The purpose of this course is to support current and aspiring school leaders in increasing their knowledge and skill in navigating change within their context.

Participants will have opportunities to gain knowledge of change frameworks, analyze current educational, sociopolitical and cultural trends, and apply skills and strategies that build capacity and foster successful outcomes for students.

### Intended Learning Outcomes

Participants in this course will be able to:

- » Describe key elements of effective change leadership
- » Assess the impact of changing demographics and emerging trends on their current context
- » Discuss the leader's role in intercultural capacity building
- » Demonstrate how to differentiate the leader's stance and/or strategies to support the professional growth and development of teacher practice
- » Assess their personal leadership strengths and challenges with respect to key change leadership competencies
- » Articulate how new learning and skills will impact their practice.

### Instructors

**Sascha Epp** is a Staff Officer in the Professional & French Language Services Department and the Instructor for this course. Sascha works as a Staff Officer in the Professional and French Language Services Department at The Manitoba Teachers' Society. Her current portfolio includes designing and delivering professional development for teachers and school leaders across the province, as well as overseeing the Collaborative Team Learning Grants initiative. Sascha's experience in education over a 20-year period includes various roles such as a K-12 teacher, divisional lead teacher, vice principal, principal and school board trustee.

**Brahim Ould Baba** is the Department Head for the Professional & French Language Services Department and the Instructor of Record for this course. Dr. Brahim Ould Baba is the Professional and French Language Services Department Head at The Manitoba Teachers' Society. In this capacity, he oversees the professional learning programs and services. He is passionate about supporting members in the areas of equity and diversity in schools, and Francophone Education. Brahim has worked as a K-12 teacher, consultant and university instructor.

## Logistics

### LOCATION/FORMAT

This course will be delivered virtually using a 'synchronous/ asynchronous' blended format. To clarify, the synchronous coursework (50%) will happen through video-conferencing classes using Zoom, and the asynchronous work (50%) will be done online, using the web-based platform, Schoology, where students will interact with one another through message boards in online forums.

### CLASS DATES AND TIME

9:00 a.m. to 4:00 p.m. on:

- » Tuesday, July 4, 2023
- » Wednesday, July 5, 2023
- » Thursday, July 6, 2023
- » Tuesday, July 11, 2023
- » Wednesday, July 12, 2023
- » Thursday, July 13, 2023

### COST FOR 2022-2023 FLC-4

\$650 (MTS Members)

\$725 (Non-Members)

### COST FOR 2022-2023 FLC-4 (AUDITED)

\$525 (MTS Members)

\$650 (Non-Members)

### REGISTRATION

Registration for this course will open in April 2023.

## Events

### Details

#### DATES

October 19-20, 2022

#### LOCATION/FORMAT

Victoria Inn Hotel & Convention Centre, Winnipeg

#### FEE

\$50

### Description

Supporting teachers in their first five years, Fab 5 sessions are balanced with a selection of breakout workshops intended to build capacity, confidence, and practical strategies in the areas of classroom management, student engagement, teamwork, and parent partnerships.

Fab 5 offers new teachers an opportunity to network with other beginning teachers and strengthen skills to support their day-to-day classroom practices.



### Details

#### DATES

October 28-29, 2022

#### LOCATION/FORMAT

Holiday Inn Airport West, Winnipeg

#### FEE

\$25

### Description

Ce séminaire est destiné aux membres des ÉFM qui sont dans leurs premières cinq années d'enseignement dans les programmes français et d'immersion française. Les participantes et participants auront l'occasion de discuter et de développer des stratégies pour chaque cycle afin de faciliter l'enseignement, de rencontrer d'autres enseignantes et enseignants francophones débutant en enseignement dans une école française ou d'immersion française, de partager des idées pour faciliter la réussite lors des premières années en enseignement, et de connaître les lois et les obligations professionnelles.

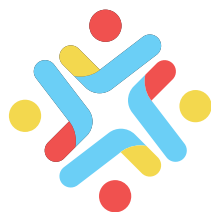


To register for the events: <https://memberlink.mbteach.org/Events.aspx>



## Collaborative Learning Team Grants

The Manitoba Teachers' Society is committed to supporting collaborative learning teams with grant funding. These grants support teacher-initiated professional learning that focuses on problems of practice to improve instruction and ultimately student learning. These projects will take the form of action research and/or study groups.



**COLLABORATIVE  
— LEARNING —  
FACILITATORS**

A facilitator will provide support and guidance to the collaborative learning team at three of their meetings, as well as throughout the inquiry process. This will include refining a study focus, looking at current research, developing a plan, reflecting and analyzing information collected, and preparing a plan to share the research.

**Deadline October 25, 2022**

*DISPONIBLE EN FRANÇAIS*

## French Language Services/Services En Français

La Manitoba Teachers' Society offre des ateliers, des services et des ressources en français à ses membres par l'entremise de son Département des services professionnels et services en français. Doté d'un personnel cadre bilingue, le Département des services professionnels et services en français vise à appuyer le personnel enseignant des écoles françaises et d'immersion française dans son cheminement de carrière.

Si vous avez des questions portant sur les thèmes du « Bien-être du personnel enseignant », des « Services professionnels », des « Services en français », ou toutes questions portant sur l'éducation en français au Manitoba, vous n'avez qu'à communiquer avec nous.

# MTS Leadership Learning Series

Are you a woman in a leadership position or are you thinking about a future in leadership? This Leadership Learning Series evolved out of recommendations from the Women in Educational Leadership Commission and explores how to recognize when there is a gender dimension at work. Strategies will be offered as part of a repertoire of skills you can develop along your leadership journey.

While the series is focused on Members who identify as women, all Members are welcome to register and attend.

This year, we are offering the FemLightenment Series and the Women in Educational Leadership Symposium.



## FemLightenment

SERIES | 2023

**The FemLightenment Series is designed to bring those who identify as women together to share their experiences in educational leadership.**

Each one-hour virtual session will take place on Saturday mornings from 10:00 – 11:00 am and are open to all members upon registration at no cost.

As part of the series, facilitators will be invited to share resources, strategies and practical ideas that participants can use to support their practice.

You are invited to join us for the second installment of this series.

### And Still We Rise!

Join us for the very first session of this year's Femlightenment series. A force to be reckoned with, Karen will share her insights about the importance of having women represent women at various tables where important decisions are made.

#### DATE

Saturday, October 15, 2022

#### KAREN BROWN

Karen is the President of the Elementary Teachers' Federation of Ontario. She began her teaching career in 1993 with the Toronto District School Board and also has extensive experience in early childhood education. Karen has chaired and served on several Federation standing committee and task forces. She serves on the Canadian Labour Congress' Women's Advisory Committee, is a governor of the Ontario Teachers' Federation, is a member of the Coalition of Black Trade Unionists, and has volunteered with the Canadian Alliance of Black Educators.



#### REGISTER FOR PART I

<https://memberlink.mbteach.org/Event.axd?e=2548>

### Navigating Challenges and Biases in the Workplace

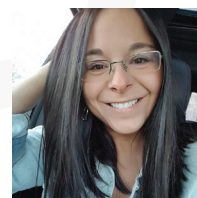
This presentation will explore the realities and impact of gender and race on women in leadership roles in education. While reflecting on their own leadership journey participants will examine ways in which to navigate gender and race related challenges and biases in the workplace.

#### DATE

Saturday, November 12, 2022

#### JACKIE CONNELL

Jackie Connell serves as the Assistant Superintendent for Senior Years and Career Studies for Frontier School Division. Additionally, she is currently the Project Lead for the provincial task force established on Poverty and Education for the Government of Manitoba. She has held numerous administrative positions in schools and is a proud member of the Manitoba Métis Federation. Jackie is a recipient of the Indspire, Guiding the Journey Indigenous Educator Award in Community Service. She is passionate about Indigenous Education, Anti-Racism Education and takes a student-centered, community approach to decision-making.



#### REGISTER FOR PART II

<https://memberlink.mbteach.org/Event.axd?e=2549>

## Standing Tall

We commit to supporting our communities, our next generation, to serve as positive role models. Our mantra is “walk softly in moccasins with intention” yet, we quickly learn it is about wearing steel-toed boots and uncomfortable Lycra leggings while traversing a never-ending hike marred with potholes and quicksand.

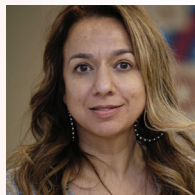
Thankfully, I have never worried about appearances or challenges. Looking ahead, I am standing tall and ready for the next adventure.

### DATE

Saturday, January 28, 2023

### APRIL KRAHN

April serves as an Assistant Superintendent of Indigenous Way of Life for Frontier School Division and proudly supports schools across the north. She has spent the last twenty-two years committed to advancing Indigenous Education through K-12 and post-secondary education. She has served on various committees and councils including Urban Circle, The Manitoba Women's Advisory Council, Manitoba Prospects and Ma Mawi Chi Itata. Originally from Ontario, April is a proud member of the Métis nation and mother of two children and two dogs.



### REGISTER FOR PART III

<https://memberlink.mbteach.org/Event.axd?e=2550>

## Do You Need an Energy Boost?

Grab a coffee and join me for this interactive, lively way to give yourself that needed boost. I will lead you through an educational and highly humorous ride that will re-focus, re-energize and re-invent how you see your life and your work, as you move through 2022 and beyond.

### DATE

Saturday, February 18, 2023

### LINDA EDGEcombe

Linda Edgecombe CSP, is a Hall of Fame Speaker, Award Winning Philanthropist and an award-winning Celebrity Humorist Speaker, Trainer and Consultant. For the past 29 years, Linda's footprint is seen and experienced around the world. Her mission is to get people *Fired up and Ready to Shift or Get off the Pot!*



### REGISTER FOR PART IV

<https://memberlink.mbteach.org/Event.axd?e=2551>

## Women in Educational Leadership Symposium

The Manitoba Teachers' Society is proud to host the annual Women in Educational Leadership (WEL) Symposium. This Symposium will provide an opportunity to network, dialogue, collaborate, and share experiences as women in leadership roles, formal or otherwise. Celebrate the expertise and experiences of women who hold leadership positions. Be prepared to laugh, learn, and be inspired.

### DATES

March 3, 2023  
5:00 p.m. – 9:00 p.m.

March 4, 2023  
9:00 a.m. – 4:00 p.m.

### LOCATION/FORMAT

Victoria Inn Hotel & Convention Centre, Winnipeg

### FEE

\$200 for MTS members; \$250 for non-members

### REGISTER

<https://memberlink.mbteach.org/Event.axd?e=2555>