

THE Accent

Prince Edward Island Union of Public Sector Employees

Upcoming Courses: Express Interest

Contact the union to express interest in attending one or more of the following UPSE courses. Call **902-892-5335**, toll free **1-800-897-8773**, e-mail peiupse@peiupse.ca, or click on “**education**” on our homepage (www.peiupse.ca) and submit an “education application” online.

Get Involved!

Harmony and Understanding in the Multi-Generational Workplace

Participants will be presented with the profiles of a number of generations in the modern workforce from Baby Boomers (57-75 years), Generation X (41-56 years), Millennials (25-40 years) and Mature Generation Z (18-24 years).

• *given these characterizations (and sometimes generalizations): how can the generations work together in the many worksites in which UPSE members are employed?*

Date: April 22, 2021 at 9:00 a.m. (Contact UPSE by April 16)

Mental Health / Stress in the Workplace

This course emphasizes the importance of maintaining good mental health and understanding mental health conditions.

- *learn about the nature of stress in the workplace and look at strategies to manage stress*
- *engage in discussion about the ways people can help themselves cope with the aftermath of dangerous or traumatic situations at work so they can minimize the risk of suffering long term impacts on their mental health*

Date: May 4, 2021 at 9:00 a.m. (Contact UPSE by April 30)

Holland College: Welcome to UPSE

The **Welcome to UPSE** course is perfect for getting to know your union better.

- *learn about UPSE’s history, evolution, and the union’s structure and how it works*
- *learn about the tools you need to carry out your role within the union effectively*
- *learn about pensions and benefits*

Date: May 11, 2021 at 9:00 a.m. (Contact UPSE by May 4)

Steward Level II

The *Steward Level II* course is an informative follow-up to the Level 1 offering.

- *knowing your membership, steward as activist*
- *working with your union executive, duty to accommodate, duty of fair representation*
- *problem solving and conflict resolution*

Date: May 13, 2021 at 9:00 a.m. (Contact UPSE by May 7)

Advanced Steward

This course is for active / experienced stewards who have completed *Steward Level 1* and *Steward Level II*

- *the course will focus on the role stewards play in the workplace, collective agreements and relevant labour law*
- *the course will provide knowledge and skills to introduce new union activists to the basics of the grievance handling process*
- *the course will reflect on your strengths and challenges as a union activist*
- *the course will further develop your skills and knowledge in gathering information*
- *the course will provide you further knowledge and skills in specific grievance areas, including: duty to accommodate, dealing with management, harassment and different grievance situations*
- *the course will build your confidence and your ability to play the role of educator in your local*

Date: June 24 & 25, 2021 at 9:00 a.m. (Contact UPSE by June 18)

UPSE Members at the Steward Level 1 Course

UPSE delivered its Steward Level 1 course on March 30, 2021. This introductory course is designed for members interested in becoming a Steward. Learners focused on the important role stewards play in the union, what makes unions strong, and the tools that are required to act effectively in representing UPSE members in the worksites.

Thank you for participating. I Look forward to seeing more members attend our upcoming courses on a variety of issues. We are UPSE Proud!

UPSE President, Karen Jackson

