

# THE Accent

Prince Edward Island Union of Public Sector Employees

## Member Opportunity: Train the Trainer!

UPSE is accepting applications from members interested in **assisting with the facilitation/teaching** of UPSE courses. UPSE offers a number of courses from the flagship Welcome to UPSE to Mental Health in the Workplace, Steward Levels I, II and III, and more.

Please tell us why you are interested in this opportunity by providing a brief overview of your union involvement/activism; mention any previous facilitation or public speaking experience; and state whether or not you can provide a clear commitment to being involved in this program for at least 2-3 years.

There is limited space for this training and as such, only successful applicants will be contacted for an interview.

**Email or mail** your submissions by **March 15, 2024** to:

**Bryan Burt, UPSE Education and Organizing Officer**  
**4 Enman Crescent,**  
**Charlottetown, PE C1E 1E6**  
**e-mail: [bsburt@peiupse.ca](mailto:bsburt@peiupse.ca)**



## Mental Health 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: March 13, 9:00 to 4:00 pm at the UPSE office (Contact UPSE asap at 902-892-5335 or email [peiupse@peiupse.ca](mailto:peiupse@peiupse.ca))**

## Steward Level 1

The Steward Level I course is designed for members interested in becoming a Steward or have been elected to the position. *The course covers:*

- *the important role Stewards play in the union*
- *what makes unions strong*
- *what tools are required to act effectively in the role of Steward*

**Date: April 3, 9:00 to 4:00 pm at the UPSE office (Contact UPSE by March 15 to register at 902-892-5335 or email [peiupse@peiupse.ca](mailto:peiupse@peiupse.ca))**

## 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: April 25, 9:00 to 4:00 pm at the UPSE office (Contact UPSE by April 5 to register at 902-892-5335 or email [peiupse@peiupse.ca](mailto:peiupse@peiupse.ca))**

*Prerequisite: must be elected as a Steward (at a Local meeting) and have Welcome to UPSE and Steward Level I*

## ATT: UPSE MEMBERS

## Apply for National Union Scholarships!

### National Union (2024 Scholarships)

The online application portal for the National Union Scholarships is now open. The webpage outlines the unique entry requirements for each of the scholarships (<https://nupge.ca/scholarships/>).

All scholarships are open to students with a full or part-time course of study leading to a diploma or degree.

The deadline for applications is **Sunday, June 30, 2024, at 5pm EDT** at which time the portal will close.

Entrants may apply to any or all scholarships that they are eligible for but only one award may be received. Due to the eligibility rules for the *Young Worker Scholarships*, applicants may re-apply provided they have not previously won this scholarship, they are still in school and are under the age of 31 as of the deadline.



*PEI UPSE is proud to represent over 5000 members in the public and private sectors.*