



PRAIRIE SCHOOL

for union women

JOIN US JUNE 9 - 13, 2019

WASKESIU LAKE, SASKATCHEWAN



REGISTER BY APRIL 26TH TO TAKE ADVANTAGE OF THE EARLY BIRD DISCOUNT

PRAIRIE SCHOOL FOR UNION WOMEN

The Prairie School for Union Women (PSUW) offers trade union women an intensive four days of learning and sharing in a supportive environment. The goals of the school are to develop women's personal and leadership skills and to build solidarity among women workers. The school provides on-site child care and is committed to child-friendly attitudes.

Whether you are a woman who is a long time activist or just starting to get involved in your union, this school is open to you. Enrolment is limited to 150. Participants will be registered on a first-come first-served basis. Your registration fee must accompany your registration form in order to qualify.

SCHOLARSHIP PROGRAM

PSUW has a Scholarship Fund for the purpose of encouraging women from equity-seeking groups and from non-unionized work settings to attend the school as participants.

Women from the following equity-seeking groups are eligible to apply: Indigenous women, women with disabilities, visible minority women, lesbian/bisexual/trans women and youth (29 and under).

In addition, unemployed women and women working in non-unionized settings are eligible to apply.

The scholarship application form is available on the SFL website at www.sfl.sk.ca

Contact the SFL office at 306-525-0197 for more information.

Courses are scheduled over the four days (22 hours). Please select one course from the following options (also indicate your second and third choices).

COURSE DESCRIPTIONS

A

UNION WOMEN ON TURTLE ISLAND

For trade union women who want to understand the issues Indigenous women face in diverse working environments. Participants will explore the reasons for the invisibility of Indigenous women in union structures and begin to develop strategies to encourage sisterhood.

After this course, you will be able to:

- Act as agents for change, and;
- “See” Indigenous people with new eyes.

You will know:

- How to work effectively in a diverse workplace, and;
- How to challenge barriers to diversity, by exploring Indigenous peoples’ culture and traditions, as well as contemporary issues they are facing.

You will feel:

- Challenged, but respected, in an open safe environment, and;
- A true sense of personal power, and a strong base of knowledge, rather than the false and temporary feeling of power based on stereotypes.

B

WOMEN SPEAKING UP

Are you afraid of “speaking up” at meetings, speeches, public events or even one-on-one communication? Do you want to build your confidence and become a more effective leader?

In this workshop, you will learn to think quickly on your feet, find your voice, and communicate well in public. We’ll “talk it up” using microphones and “go live” in news conferences and interviews as we get our message out to the media.

From writing and delivering a speech to crafting a resolution, speaking to the media, or speaking up at the next union meeting or bargaining session, this is a special training opportunity you won’t want to miss.

After this course, you will understand:

- Why women in society and in unions may not speak up.

You will feel:

- More confident and assertive.

You will be able to:

- Overcome your fear and find your voice.



C

IGNITING THE SPARK: WOMEN AS LEADERS

Women make the world a better place! If you have considered running for a position in your union or a municipal, provincial, or federal campaign — this course offers an opportunity to find your voice and ignite the spark to take on further challenges.

Participants will examine ideas around leadership, unpack myths, and understand the obstacles women leaders face. We will examine the role of power, oppression, and socialization in our society, unions, communities, and governments. We will explore ways of building skills to be prepared to consider running for new positions, or to support other women running for office.

In this course, you will:

- Learn skills to communicate and frame your message;
- Learn about and practice public speaking;
- Know challenges women candidates face and learn ways to balance these challenges in high stress campaigns;
- Discuss how women in leadership deal with conflict;
- Cover communications and campaigning strategies to help further women's economic and social equality, and;
- Learn to break barriers and elect more women.

D

FIRST STEPS: UNION BASICS FOR WOMEN

Making change is never easy. Women have struggled for equality through history, facing personal, political, and economic barriers. We can't undo history, but we can control our future by finding our place in the union.

We will learn about all aspects of unions in a friendly, fun environment. You will learn how women's issues can be advanced from the grassroots to the bargaining table. We will learn practical skills for becoming a union activist including public speaking, resolution writing, chairing and participating in meetings and conventions, and running for union office.

After this course, you will:

- Know the history of women's struggles in the workplace and the labour movement;
- Understand how a union works and feel confident in your abilities to fully participate, and;
- Build confidence in your skills to be a leader.

You will feel:

- Inspired to take your rightful place in the labour movement, and;
- Ready to take on the world.



E

BUILDING CONFIDENCE AND CELEBRATING YOU!

Are you struggling to identify causes of stress in yourself and others? Struggling with how to manage conflict? Are you challenged in communicating effectively? Is harassment affecting your self-esteem?

If you answered YES to any of the above, this course is for you! By knowing yourself better you will have confidence in understanding and responding to external issues.

After this course, you will be able to:

- Enhance your self esteem and appreciate each other's unique strengths and qualities;
- Respect those whose behaviours are viewed as irritants, and communicate effectively with 'opposites';
- Identify stressors of self and others and deal with them;
- Understand behaviours of others and resolve conflict, and identify the elements of what makes a team work.

This workshop is highly participatory and entertaining. It's very positive and can be applied to all facets of life.

F

POPULAR EDUCATION LEVEL 1: INTRODUCTION TO FACILITATING

As a union activist you probably work with groups of members. You may have to run union meetings, there may be tensions and conflict within your membership, and there may be challenging decisions to be made.

This hands-on program will introduce you to a Popular Education approach to your union work. We will explore good communication skills and how to lead discussions. We will learn more about designing union meetings that members want to attend – where exciting things can happen! We'll look at new and innovative techniques, like the Art of Hosting, that can help our members work better together so we can build a stronger union movement.

After this course, you will:

- Know about what a popular education approach is;
- Know Art of Hosting techniques such as World Café and Appreciative Inquiry;
- Feel increased confidence facilitating union meetings;
- Be able to use different methods and techniques in your union work.



G

POWER, PRIVILEGE & PEOPLE

Tackling P3's – not Public Private Partnerships – we are talking about Power, Privilege, and People. Ever wonder where privilege comes from and why the powerful are so comfortable using it? Wonder why more people don't challenge situations when power and privilege are being exercised? What about doing it from a feminist perspective?

This course examines root causes of racism, sexism, classism, and what it means for the labour movement. You will stand in real workplace situations where power and privilege can be challenged constructively.

You will have an opportunity to learn, network, and share – get up close to lessons from powerful women in our movement and how they have learned to turn power and privilege on its head. Maybe this isn't what you were expecting, but you will like it.

After this course, you will understand:

- The current demographic challenges facing unions; and
- How immigration policy is affecting the labour force.

You will be able to:

- Communicate power and privilege on social media;
- Think critically about what makes a situation oppressive;
- Challenge equity in the workplace and all the 'isms'.



H

LABOUR COMMUNITY ADVOCATE TRAINING LEVEL 1

The Labour Community Advocate (formerly Union Counselling) is a CLC training program delivered by Labour Programs and Services staff and funded through United Way Centraide. The program provides information about social issues faced by working people and how to locate resources in their community to assist them.

Participants are trained in communication skills, interviewing and referral techniques so they can assist union members to find the appropriate resources. This course helps workers find effective solutions and support for issues outside the scope of their collective agreements. Labour Community Advocates (LACs) are often the first contact for co-workers with personal or family issues and are a valuable resource within any union.

After this course you will know:

- The role LACs have in the labour movement and more about addressing comprehensive social issues affecting members, their families, and our communities;
- Appreciative inquiry, progressive communication, and how to build a stronger base for supporting members experiencing challenges in the workplace

You will feel:

- Empowered and more confident to create safer spaces for members while discussing challenges in their lives;
- Prepared to help members identify the best ways to address challenges affecting workplace culture and the labour movement.

You will be able to:

- Build stronger community resource lists;
- Integrate equity considerations into Labour Community Advocate work and discuss the importance of the labour movement and the United Way partnership.

CONFERENCE INFORMATION

Accommodation. In Waskesiu there is limited accommodation. We have access to a variety of cabins and hotel rooms all **based on double/limited triple occupancy.** Please list the names of people you want to share with, or leave blank if you do not have a preference. Those with no preference will be assigned shared accommodation. **Assignments are based on receipt of paid registrations.** Organizers reserve the right to assign accommodation based on the practical needs of the school.

Wellness. A variety of activities are planned throughout the week to encourage you to nurture your body, mind, and spirit. Since exercise, sisterhood, and relaxation are a part of that, there will be many planned activities such as nature hikes, water activities, a games night, etc. Come out and indulge yourself and rediscover your rhythm and voice at the Wednesday evening social.

Childcare. We are a child-friendly school. Childcare will be provided on-site to children aged 12 and under by qualified childcare workers. **This is for parents/guardians who have no alternate care available.** Space is limited; only pre-registered children will be accepted. Make your request **no later than April 26th.** Children are welcome to attend the social events. All parents/guardians requesting childcare will be contacted prior to the school.

Participants with children in childcare **ages 6-12: \$500.** Fee includes accommodation, meals, snacks and other activities where costs are incurred. Additional child (6-12): **\$200.**

Children age 5 and under: no charge.

Meals. Please note on your registration any special dietary needs you have.

Registration fee includes breakfast and lunch Monday to Thursday and dinner for Sunday and Monday evening as well as a banquet on Wednesday evening. Only Tuesday dinner is not included in the price.

Transportation. For women arriving by air into Saskatoon, and Saskatoon and area women, we offer a charter bus (return trip) for an **additional cost of \$125.** Please include \$125 with your registration fee (see

"Transportation" on registration).

A park fee will be charged for each vehicle entering the Prince Albert National Park. This fee is the responsibility of the local. We encourage carpooling.

Refund Policy:

- Up to April 26th: full refund
- April 26th to May 31st: refund minus \$100 admin fee
- After May 31st: no refund

Confirmation. Participants will be sent an information package in May confirming registration and providing a map and more detailed information.

Union Shop. Attractive union wear and products (including Prairie School memorabilia) will be for sale.

PRAIRIE SCHOOL SCHEDULE

Sunday, June 9th

Registration	3:00 – 5:00PM
Supper	6:00 – 7:00PM
Opening Session	7:00 – 9:00PM

Monday, June 10th

Plenary Session	8:30 – 9:15AM
Courses Begin	

Tuesday, June 11th

Plenary Session	8:30 – 9:15AM
Courses Continue	

Wednesday, June 12th

Plenary Session	8:30 – 9:15AM
Courses Continue	
Evening Banquet	

Thursday, June 13th

Courses Continue	8:30AM
Closing Plenary	(approx) 12:30PM

Note: Do not book flight departures out of Saskatoon earlier than 5:00PM.



This brochure is also available on the SFL's web site:

www.sfl.sk.ca

CONFERENCE REGISTRATION

PLEASE PRINT CLEARLY

Union _____ Local _____

Name _____

Address _____ City _____

Prov. _____ Postal Code _____

Phone (h) () _____ (c) () _____

(w) () _____

Email _____

Number of PSUW conferences attended? _____

CHILDCARE

Do you require childcare on site? Yes No
DEADLINE is April 26th, no exceptions. Must accompany completed paid registration. Space is limited. **See fee structure on previous page.**

Child Name _____ Age _____

Child Name _____ Age _____

Child Name _____ Age _____

Do they have any special needs? (specify) _____

Total amount included for childcare: _____

ACCOMMODATION

Double/limited triple occupancy.

I prefer to share with (name[s]): _____

TRANSPORTATION FROM AIRPORT

Return trip to Waskesiu Lake and the four-day park entrance fee will be provided for women arriving by air (no later than 2:00PM).

Airline / flight # _____ Arrival Time _____

From (city) _____

I will need bus transportation from Saskatoon to Waskesiu Lake Yes No

If yes, **please include \$125** with your registration fee.

SPECIAL NEEDS

Any special access, mobility, or health needs?

No Yes _____

Do you have any dietary restrictions?

No Yes _____

Note: PSUW involves lots of walking. Dietary preferences cannot be accommodated due to the number of participants and resources available.

COURSE SELECTION

We try to enroll participants in their 1st course choice. However, each course is limited, please include your 2nd and 3rd choices below **using the course letter.**

1st: _____ 2nd: _____ 3rd: _____

PSUW REGISTRATION FEES

Is your union/local affiliated to your provincial/territorial federation of labour? Yes No

Early bird registration received by April 26, 2019.

Cheque must accompany completed registration form. No exceptions.

Fees cover 4 nights accommodation at Waskesiu Lake and meals as outlined under "Meals" in this brochure.

Affiliates: by April 26th: \$1,000

after April 26th: \$1,150

Non-affiliates: by April 26th: \$1,150

after April 26th: \$1,300

Note: Add \$125 if busing from Saskatoon.

Include appropriate childcare fees.

MAKE CHEQUE PAYABLE TO SFL

Mail completed form and cheque to:

SFL, 220 – 2445 13th Ave, Regina SK S4P 0W1

O: (306) 525-0197 F: (306) 525-8960

E: d.lussier@sfl.sk.ca



Office Use Only

Chq #

Amt \$

Date Received