

UNISON NW Member Learning Nov — Dec 2020

Free Webinar courses for UNISON members

Save the Union Learning Fund!

The government's plans to cut the Union Learning Fund means hundreds of thousands of workers will miss out on an education in the workplace.

For more than 20 years it has supported union learning projects, so working people could access skills and training. It's changed thousands of lives for the better.

Union learning projects have facilitated fundamental courses like Maths and English. With colleagues and community members, workers have come together and learnt about the importance of mental health, taken on apprenticeships and got qualifications so they could further their career. They've gained friends and confidence and contributed back to their workplaces and communities.

Will you sign the petition calling on the government to reverse their decision and not cut the Union Learning Fund? (copy and paste in to your browser)

<https://www.megaphone.org.uk/petitions/uk-gov-don-t-cut-union-learning>

Managing Workplace Aggression, 5—7pm, 10th November 2020

This interactive 2 hour webinar explores how to handle escalating aggression in the workplace. In the session you will:

- Understand how to appropriately and effectively respond to anger and aggression
- Identify how to effectively plan for managing angry and aggressive people
- Recognise the different stages of conflict escalation
- Utilise strategies to diffuse and calm anxious and aggressive people
- Remain calm and composed to ensure the most positive outcome
- Interpret body language and be more aware of the signals that you are projecting
- Maintain physical 'safe' distance and demonstrate Positive Defensive Standing (PDS)

The session is run by Jez Brigham from 2Resolve training. Jez has worked with children and adults with emotional and behavioural issues and is an accredited trainer on conflict resolution, handling aggression and de-escalating aggression.

To book on to the course, please copy and paste the link into your browser and RSVP to the event:

https://www.unisonnw.org/managing_workplace_aggression



Developing Confidence in Presentations, 12—1pm, 19th November 2020

This 1 hour course is designed to develop people's confidence in preparing for, creating and delivering presentations.

The course will help you:

- Know how to prepare effectively for a presentation
- Explore how to use PowerPoint to support our presentations
- Share our experiences of what works for us when we deliver presentations
- Know how to prepare to deliver a presentation online.

To book on the course please copy and paste the link in to your browser and RSVP to the event:

https://www.unisonnw.org/developing_confidence_in_presentations_12_1pm_19th_november_2020

Speaking with Confidence, 12—1pm, 26th November 2020

This one hour workshop will look at developing skills in speaking out, making your voice heard in different situations. In the session we will explore:

- Making your voice heard in conversations and meetings
- Managing difficult conversations
- Dealing with awkward situations and people

To book on this course, please copy and paste the link into your browser and RVP to the event:

https://www.unisonnw.org/speaking_with_confidence_26th_november_2020

Mindfulness and Meditation, 5—6.30pm, 2nd December 2020

This workshop-style seminar will offer you guidance from an experienced, professional teacher on using mindfulness practices to help you manage stress, feel happy and be well. The session will give you:



- Practical and accessible tools and techniques that you can apply in your everyday life straight away
- Opportunities to try and out and practice different approaches to mindfulness with the guidance of an experienced, professional teacher
- A brief introduction to theory behind mindfulness practice
- Opportunities for questions and discussion with the teacher and group

To book on this course, please copy and paste the link into your browser and RVP to the event:

https://www.unisonnw.org/mindfulness_and_meditation_2nd_december_2020

Assertiveness and Staying Safe - Family Session, 5.00—6.30pm 3rd December 2020

This session is designed to give people confidence and strategies in dealing with unwanted/nuisance encounters with people in public. The session will explore:

- Identifying how to effectively plan for managing angry and aggressive people
- Maintaining physical 'safe' distance and demonstrate Positive Defensive Standing (PDS)
- Be confident in safely managing a broad range of potentially dangerous situations
- Utilise skills you have learnt to assertively manage your own personal safety,

To book on this course, please copy and paste the link into your browser and RVP to the event:

https://www.unisonnw.org/assertiveness_and_stayng_safe_family_session

Keeping Posture Healthy at Christmas, 12—1pm, 7th December 2020

Back by popular demand, this 40 minute lunchtime session takes you through a variety of exercises and stretches you can do in and with our chair to maintain a healthy posture: lots of us are working from home at the moment, and may be working in a way that can be detrimental to our posture. With Christmas looming we're more tempted to stay sedentary on the couch. Carolyn's exercises will help keep us mobile and flexible.

This session will be run by Carolyn Beiert. Carolyn is a qualified fitness instructor, working in the fitness industry for 19 years: leading aerobic and toning fitness sessions, working with GP referrals and creating fitness sessions specifically for older people.

To book on this course, please copy and paste the link into your browser and RVP to the event:

https://www.unisonnw.org/keeping_posture_healthy_at_christmas

