

ONLINE WORKSHOPS - BC REGION

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This is not a complete list of available online workshops. It has been curated to assist you in finding workshops of interest. The full Union Education workshop catalogue can be found at cupe.ca/mrm-union-education/workshops

BARGAINING SKILLS

Note: workshops marked with a * are designed for a single local

BARGAINING ROLEPLAY * ⌚ 3hrs
Target Audience: Bargaining Committee
Description: Role-play bargaining using the Zoom platform. Practice virtual bargaining with each other, including exchanging proposals and causers. Requires preparation in advance.

MOBILIZING PLAN DEVELOPMENT * ⌚ 3hrs
Target Audience: Executive
Description: Develop a plan to create a Mobilization Committee and learn principles and processes to plan member engagement. Also known as “Planning for Member Engagement”.

MOBILIZING FOR BARGAINING * ⌚ 3hrs
Target Audience: Mobilization Committee
Description: In this workshop, members of the local’s Mobilization Committee look at effective ways to engage members before bargaining begins, and throughout the bargaining process.

PICKET CAPTAIN TRAINING * ⌚ 3hrs
Target Audience: Picket Captains
Description: Picket captains will learn about the issues in dispute, the strike plan, their responsibilities, and how to manage situations that might come up on the picket line.



PREPARING FOR BARGAINING ⌚ 3hrs
Target Audience: Bargaining Committee
Description: Learn about the bargaining process, the legal framework for bargaining, what to expect on the first day of bargaining, bargaining table basics, consensus decision-making, and staying strategic.

STRIKE PLANNING SESSION *

🕒 3hrs

Target Audience: Executive, Strike Committee, Union Activists
Description: Create a Strike Plan for your local using CUPE's Strike Planning Handbook and Strike Planning Tool.

STRIKE PREPARATION *

🕒 3hrs

Target Audience: Strike Committee
Description: To be effective, a strike needs to be well organized. This workshop covers the four pillars of a well run strike: administration, finance/strike pay, communications and picket schedules.

BUILDING A STRONGER UNION

ANTI-HARASSMENT AND BYSTANDER TRAINING

🕒 3hrs

Target Audience: Union Activists
Description: Learn how to intervene in safe and effective ways before, during, or after a harassing or violent situation.

GLOBAL PEOPLE POWER

🕒 3hrs

Target Audience: Union Activists
Description: Learn the role that capitalism plays in workers' lives, explore the links between local and global issues, and how solidarity makes our movement stronger.

CHALLENGING RACISM

🕒 3hrs

Target Audience: Union Activists
Description: Explore what racism looks like in our society and in the workplace, and your role as a union activist in challenging it.

INTRODUCTION TO ALLYSHIP

🕒 3hrs

Target Audience: Union Activists
Description: Learn how to be an ally! Explore principles and applications of allyship, and discuss topics like privilege, comfort zones and taking collective action.

CONFLICT SKILLS FOR UNION ACTIVISTS

🕒 3hrs

Target Audience: Union Activists
Description: Learn about five responses to conflict and choosing the right response, tips for preventing bias from getting in the way, and communication skills for informal conflict resolution.

INTRODUCTION TO CUPE

🕒 3hrs

Target Audience: Union Activists
Description: Learn about CUPE and its structure, explore union values and how unions solve problems, and gain skills that will help you play a stronger role in your CUPE local.

DUTY OF FAIR REPRESENTATION

🕒 3hrs

Target Audience: Union Activists
Description: Learn about your local's duty to represent your members, the legal requirements of fair representation and how it applies to your collective agreement and other laws covering your workplace.

USING OUR POWER AT ELECTION TIME

🕒 3hrs

Target Audience: Union Activists
Description: The outcome of elections have an impact on workers, public services, and equality. Learn more about how elections work, explore current issues and how to get involved...a little or a lot!

EXECUTIVE BOARD TRAINING

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BYLAW ESSENTIALS

🕒 3hrs

Target Audience: Executive

Description: Good bylaws are essential to a well-functioning local union. Learn the principles of good bylaws and how to make sure they are in compliance with CUPE's national constitution.

SECRETARY-TREASURER ORIENTATION

🕒 3hrs

Target Audience: Secretary-Treasurers

Description: Newly-elected treasurers learn the basics of the local union's finances, your duties regarding the finances of the union, keeping the books, and how to be transparent and accountable to members.

CONFLICT READY EXECUTIVES *

🕒 3hrs

Target Audience: Executive

Description: Participants will explore the value of conflict for effective groups, how our beliefs about conflict shape how we respond, and productive ways to resolve conflict on an executive.

TRUSTEE ORIENTATION

🕒 3hrs

Target Audience: Secretary-Treasurers

Description: Newly-elected treasurers learn about the basics of the local union's finances, your duties regarding the finances of the union, keeping the books, and how to be transparent and accountable to members.

LEADING AS A TEAM *

🕒 3hrs

Target Audience: Executive

Description: As an executive, explore power and the responsibility that comes with it, how to work in teams and how to balance leadership styles to engage the membership and work effectively across diversity.

HEALTH & SAFETY

INTRODUCTION TO HEALTH & SAFETY

🕒 6hrs

(pre-requisite for other H&S workshops)

Target Audience: New Health & Safety committee members

Description: Explore basic concepts such as identification of hazards, hierarchy of controls, the role of health and safety committees, and the right to refuse.



STEWARD DEVELOPMENT

GRIEVANCE HANDLING

🕒 3hrs

Target Audience: Stewards

Description: Share tips and successful practices with other stewards and learn strategies for handling difficult grievances.

NOTE-TAKING

🕒 3hrs

Target Audience: Stewards

Description: Why do I have to take notes? What kind of notes should I take? Are my notes private? Learn answers to important questions like these, and practice notetaking.

INTRODUCTION TO STEWARDING

🕒 6hrs

(pre-requisite for other Steward workshops)

Target Audience: New Stewards

Description: Learn how to: investigate workplace problems; file a grievance; meet with management; and deal with workplace complaints.

WHAT STEWARDS NEED TO KNOW ABOUT PENSIONS

🕒 3hrs

Target Audience: Stewards

Description: Learn about public pensions and about the different types of workplace pension plans. Explore how stewards can help members in understanding and protecting their pension.

