

## **Change it Up PD helps trainers, educators, and social service providers build skills in facilitating groups, delivering training, and supporting change.**

*For a limited time, tuition is being covered via a grant from Skills for Success, Government of Canada.*

### **How is it different?**

Most teaching and training focuses on the ‘what’ of it all: What’s the content? What’s the curriculum? And what is this person missing? Change it Up shifts focus to the ‘how’. How do we create learning experiences with deep and lasting results? How can we facilitate meaningful growth and change, especially for those who have experienced trauma? How do we build on strengths - in ourselves and in our learners?

*“I have been facilitating groups for years, and found new tools and tips that I have already implemented.”  
– Senior Manager, Habitat for Humanity*

### **Who is it for?**

The PD is designed for facilitators, trainers, educators, and client-support professionals working with adults or teens. Whether you work directly in education/training or with clients in another capacity, there are opportunities to expand your skill set and grow your practice, whatever your level of experience.

*“This was without question the most useful and best facilitated online course I’ve taken.”  
– Change it Up PD participant, 2022*

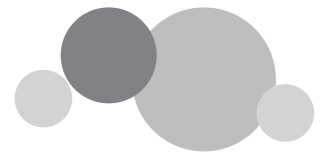
### **What will I learn?**

This online, interactive course models hands-on techniques, strategies, and methods that can be used immediately. From setting the stage for learning, to creating safe and brave spaces for growth, the PD will help participants take a strength-based, holistic, and trauma-aware approach in their work.

### **How is the course offered?**

The participatory PD is run in small groups via Zoom (2.5 hrs. X 4 sessions) with 10 hrs. of additional self-paced learning. There are several times/formats to choose from when you register or we can schedule specific dates for groups of 15 or more.

*“I would recommend this program for every employer out there, every school out there.”  
– Trainer, Trade Winds to Success Training Society*



## What do I get?

- A Certificate of Program Completion (Hours can be used as Continuing Education Units towards certification or maintenance of certification in many professional accreditation programs.)
- Access to CiU Curriculum; a collection of 15 strengths-based, soft-skill training workshops that are holistic, hands-on, learner-centered, and trauma-aware.
- Access to the CiU Community of Practice.

*“There were so many great tools techniques, and take-aways from this course.”*  
– Change it Up PD participant, 2023

## Find out more.

Check out this Change It Up 3 minute video overview: [youtu.be/-2GjJl5y0jw](https://youtu.be/-2GjJl5y0jw)


View upcoming training dates and registration details: [changeitup.ca/access-training](https://changeitup.ca/access-training)

Contact: Heather MacTaggart, Executive Director, 416-219-4130 / [hm@changeitup.ca](mailto:hm@changeitup.ca)

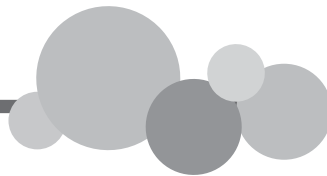
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98% would recommend this training to others

99% have more tools, techniques, and approaches to help them do their job better

97% understand more how stress and trauma affect learners

95% gain strategies for training people online

Canada 

## Change It Up Professional Development

### Online Training Snapshot

The P.D. is designed to build skills, demonstrate strategies, and shift perspectives. It includes:

- Four interactive online group Sessions (2.5 hrs. each)
- A Facilitator Guide with readings, reflection activities, and resources (approximately 10 hrs.)
- Access to Change it Up workshops and resources (CiU Curriculum)
- An invitation to join the CiU Community of Practice to continue the sharing and learning

#### **SESSION 1: INTRO TO CHANGE IT UP**

- Setting the stage for learning
- The Fab Five (Key Principles of CiU)
- Strength-based service delivery
- Skills for Success

#### **SESSION 2: SAFE AND BRAVE SPACES**

- The CiU approach to stress and trauma
- The mind-body connection in action
- Effects and types of trauma
- Techniques for creating safe and brave spaces
- Strategies to support post-traumatic growth

#### **SESSION 3: GROWING OUR FACILITATION SKILLS**

- What makes a great Facilitator?
- The art of listening
- Asking better questions
- Drawing people out

#### **SESSION 4: TAKING IT FORWARD**

- The CiU workshops and additional resources
- Skill development and assessment
- Answering your questions
- Integrating CiU in your work

<b>PART 1</b>	<b>INTRO TO CHANGE IT UP</b> <ul style="list-style-type: none"><li>● CiU Overview</li><li>● The Change it Up Program</li><li>● The Change it Up Approach</li><li>● The Fab Five</li><li>● More on Strength-Based Learning</li><li>● Valuing Indigenous Views on Learning</li><li>● Integrating Adult Learning Principles</li><li>● Working Within a CiU Approach</li></ul>
<b>PART 2</b>	<b>CREATING THE CONTAINER</b> <ul style="list-style-type: none"><li>● Holding Safer Spaces</li><li>● The Stress Response</li><li>● Becoming Trauma-aware</li><li>● Digging Deeper</li><li>● Post Traumatic Growth</li></ul>
<b>PART 3</b>	<b>GROWING OUR PRACTICE</b> <ul style="list-style-type: none"><li>● Skills for FAB Facilitators</li><li>● The Art of Asking Questions</li><li>● Coaching and Questions</li><li>● Active Listening</li><li>● Keeping the Discussion Going</li><li>● Promoting Group Interaction</li><li>● Giving and Getting Feedback</li><li>● Handling Disruptive Behaviours</li><li>● Conflict and Disagreement</li></ul> <div data-bbox="987 1073 1406 1486"><p><i>“Very well designed content. The synchronous and asynchronous content was all very helpful. Having the facilitator guides is going to be a game-changer when it comes time to develop my own trainings.”</i> – CiU P.D. Participant, 2022</p></div>
<b>PART 4</b>	<b>TAKING IT FORWARD: USING THE CiU MATERIALS</b> <ul style="list-style-type: none"><li>● How Will I Use the Materials?</li><li>● CiU Workshop Design</li><li>● Parts of a CiU Workshop</li><li>● Running a CiU Workshop</li><li>● Creating Your Own Workshops</li><li>● Addressing Skill Development</li><li>● Planning a CiU Session</li><li>● CiU Curriculum Overview</li></ul>

# CiU CURRICULUM GUIDE OUTLINE

	Strand	Title
<b>STRAND 1</b>	<b>PREPARING FOR THE VOYAGE</b> <b>Setting Conditions for Success</b>	Program Intro
		Intro to Skill Development
		Creating Core Agreements
		Building Daily Practices
		Getting and Giving Feedback
<b>STRAND 2</b>	<b>CHARTING THE COURSE</b> <b>Building Foundations for Growth</b>	Identifying Strengths
		Open to Learning
		Visualizing Positive Futures
		Goal Setting
		Managing Stress
<b>STRAND 3</b>	<b>SETTING SAIL</b> <b>Initiating Positive Change</b>	Self Management
		The Brain and Change
		Building Positive Habits
		Addressing Negative Habits
		Delayed Gratification

*“So many tools are directly applicable. The training was very practical - a huge feat given that it was virtual!  
This is hands-down the best virtual training I have been a part of.”*  
*– CiU P.D. Participant, 2022*

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