TRAINING THE MIND OF YOUNG ATHLETES

FREE WORKSHOP — THURSDAY, NOVEMBER 22 (6:00-9:00PM)

WENTWORTH
(Wentworth Learning Centre, 13371 Hwy 4)

mindfit

WORKSHOP: The workshop will benefit coaches and parents as it relates to the demands and pressures faced by young athletes; a focus on strategies to positively impact the developing athlete in competitive and recreational sports and empowering coaches and parents to help strengthen their athletes' athletic performance in sport and in life.

FACILITATOR: A nationally-ranked competitive swimmer, a NCCP Certified coach, a previous school teacher, a registered mental health Clinical Therapist, and a mother; Mindfit founder **Lesley Smyth** knows first-hand the mental and emotional challenges faced by young athletes. Lesley focuses her energy on providing athletes, coaches, and parents with strategies, guidance, and support to encourage and train mentally-strong athletes.

MANAGING AND RECRUITING VOLUNTEERS

$20 / PARTICIPANT (LUNCH INCLUDED) — SATURDAY, DECEMBER 1 (9:30AM-4:00PM)

JOGGINS
(Joggins Fossil Institute, 100 Main Street)

COMMUNITY SECTOR COUNCIL of NOVA SCOTIA

WORKSHOP: This workshop will give participants practical skills to enhance their engagement with volunteers by reviewing the Volunteer Management Cycle and learn how to best recruit, train, supervise, receive and retain volunteers. We will look at creating engaging volunteer opportunity descriptions, and what platforms and tools are available to assist you in recruiting and managing volunteers.

FACILITATOR: **Tara Jaskowlak** is South Shore Regional Convenor for the Community Sector Council of NS. Tara has a wide range of experience in volunteer management and working with community organizations. Her instinct for bringing people together and developing great ideas has drawn her to creative leadership roles from coast to coast- from the YMCA and Volunteer Victoria to the Lunenburg Queens Volunteer Partnership .

GOOD GOVERNANCE

$20 / PARTICIPANT (LUNCH INCLUDED) — SATURDAY, DECEMBER 8 (9:30AM-4:00PM)

PORT GREVILLE
(Age of Sail Heritage Centre, 8334 Hwy 209)

COMMUNITY SECTOR COUNCIL of NOVA SCOTIA

WORKSHOP: Good governance is an essential part of any organization's effectiveness and success. Regular evaluations and reviews of your board practices, as well as regular training and updates, will ensure your board and organization is operating according to best practices and effective stewardship of the assets of your organization. It is key to being productive, strategic, ethical and sustainable.

FACILITATOR: **Laurie Cook** is Director of Learning & Innovation for the Community Sector Council of NS. She brings a wide range of experience working in the community sector in relation to board governance, strategic planning and community/stakeholder engagement. She has a Masters of Adult Education specializing in Community Development from St. Francis Xavier, and a certification in Non-Profit Leadership from Dalhousie.

REGISTRATION INFORMATION

REGISTRATION IS REQUIRED FOR ALL SESSIONS

PAYMENT IS REQUIRED IN ADVANCE

TICKETPRO www.ticketpro.ca — Find TicketPro event links on our Facebook page: Facebook.com/L2LCumberland

Visa accepted in Springhill only
OR via phone at (902)763-3000

In person only

In person only

IN PERSON:

*Dr. Carson & Marion Murray Community Centre (Springhill)

*Municipality of Cumberland Service Centre (Parrsboro)

*Municipality of Cumberland Service Centre (Upper Nappan)

All payment inquiries should be directed to Michelle at (902)763-3000 or mherrett@cumberlandcounty.ns.ca

PRESENTED BY: municipality of cumberland — TOWN OF OXFORD

COACHES ~ VOLUNTEERS ~ LEADERS

CUMBERLAND COUNTY

Lead 2 Learn

FALL WORKSHOP SERIES 2018

WHAT IS LEARN 2 LEAD?

A series of workshops designed to give additional training to leaders in our community.

WHO IS IT FOR?

EVERYONE - OPEN TO THE PUBLIC!!

Facebook.com/L2LCumberland

TUMBLEBUGS

$20 / PARTICIPANT (MEAL INCLUDED) — THURSDAY, OCTOBER 4 (4:00-8:00PM)

SPRINGHILL
(Royal Canadian Legion Branch 17, 10 Elgin st)

Tumblebugs

WORKSHOP: This workshop will prepare you to lead children in simple activities that help them to be physically active and learn about themselves. You will learn how to: Ensure safety and reduce risk; Set-up space and use equipment; Demonstrate and safely teach all movements; Lead the activities; Understand how to flexibly use activity plans; and keep it playful and fun.

FACILITATOR: **Crystal Kikuchi** is the Tumblebugs Coordinator with Gymnastics Nova Scotia. She has been a Tumblebugs trainer since 2009. Crystal competed in the 2000 Olympic Games in artistic gymnastics and enjoys coaching at the Halifax ALTA Gymnastics Club.

WOMEN ON BOARDS

FREE WORKSHOP — THURSDAY, OCTOBER 11 (6:00-8:00PM)

BROOKDALE
(Cumberland North Academy)

NOVA SCOTIA

CAAWS ACAFS

WORKSHOP: As senior leaders and Board members, women have a significant positive impact on sport in Canada from the grassroots level to elite international competitions. This workshop will provide motivating information on the value and importance of women on boards, strategies to navigate the challenges involved in accessing a board position and then succeeding in the role, as well as ideas to create your own personal leadership plan to take on a board role.

FACILITATOR: As the Regional Manager for Communities, Sport and Recreation in the Highland Region of NS (Antigonish, Pictou & Guysborough Counties), **Rae Gunn** is inspired by the passionate people she meets who use recreation, sport & physical activity to create welcoming & healthy communities. She and her husband raise their four daughters in Scotsburn; which keeps her negotiation, problem solving and conflict resolution skills sharp.

GRANTS: FINDING & WRITING

THURSDAY, OCTOBER 18

$20 / PARTICIPANT (LUNCH INCLUDED)

(Intro: 9:30AM-12:30PM; Advanced 1:00-4:00PM)

PUGWASH
(Northumberland Community Curling Club, 49 New Pugwash Road)

COMMUNITY SECTOR COUNCIL of NOVA SCOTIA

WORKSHOP: Intro (AM): Explore common challenges in grant finding and writing, develop solutions to address them and learn how to be more successful and efficient using a Building the Case 'Prep' Checklist as a foundational resource. Advanced (PM): Participants are invited to bring in a grant they are working on for feedback. They will also explore a variety of grants available at different levels. Depending on experience level, participants will then explore writing municipal, provincial or federal grants.

FACILITATOR: **Laurie Cook** is Director of Innovation Custom Learning for the Community Sector. She is also an active volunteer and grant writer in her home community of Musquodoboit Harbour. Laurie has written grants for a variety of small and large projects including mental health projects, initiatives for youth and seniors, and starting a new cooperative transportation service.

STEPS WITH SENIORS

FREE WORKSHOP

WEDNESDAY, OCTOBER 24 (9:00AM-12:00PM)

PARRSBORO
(Parrsboro Fire Hall, 252 Willow Street)

Arthritis Society

WORKSHOP: Learn how to lead a peer low impact walking group. Understand the basics about arthritis and its relationship with exercise and pain; learn how to exercise safely and comfortably; use methods to make walking fun; make a personal walking plan with realistic goals for improved fitness; gather tips, strategies and resources and learn about other programs and resources that can help you keep up your walking.

FACILITATOR: New Horizons for Seniors in partnership with the **Arthritis Society**, NS Division aims to motivate 800 people living with arthritis to get out walking and talking for 6 weeks. This workshop will be led by a representative from the Arthritis Society.

GOOD FINANCIAL PRACTICES FOR NON-PROFITS

FREE WORKSHOP

TUESDAY, OCTOBER 30 (6:00-8:00PM)

WALLACE
(Whirligigs Cafe, 13909 Hwy 6)

MCISAAC DARRAGH

WORKSHOP: Get come great information on financial essentials for not for profits and charities, including: record keeping, financial reports, tax compliance and governance.

FACILITATOR: **Cindy Costin-Fury** is the Director of Assurance Services at McIsaac Darragh in Amherst. She has experience in financial statement preparation and analysis, auditing of profit and not-for profit entities, personal and corporate income tax preparation, and business and tax planning. Cindy is delighted to be able to serve the business advisory needs of residents of Cumberland County.

FOOD HANDLING COURSE

$20 / PARTICIPANT (LUNCH INCLUDED)

SATURDAY, NOVEMBER 3 (10:00AM-3:30PM)

SPRINGHILL
(Dr. Carson & Marion Murray Community Centre, 6 Main St)

WORKSHOP: Whether you work in a full service kitchen, prepare meals for in home clients or are a community volunteer the most effective way to reduce a food borne illness incident is through food safety education. The Foodsafe Level 1 course is a provincially accredited program that provides attendees with the ability to incorporate knowledge and behaviors that can reduce the incidence of food borne illness

FACILITATORS: **Bruce Morrison** has over 35 years in the food service industry. He is a retired Manager of Food Safety from the Province of NS and has operated B Morrison's Food Safety Education for over 10 years.

GOOD FINANCIAL PRACTICES FOR NON-PROFITS

FREE WORKSHOP

MONDAY, NOVEMBER 5 (6:00-8:00PM)

RIVER HEBERT
(Royal Canadian Legion, 1596 Hwy 242)

MCISAAC DARRAGH

WORKSHOP: Get come great information on financial essentials for not for profits and charities, including: record keeping, financial reports, tax compliance and governance.

FACILITATOR: **Cindy Costin-Fury** is the Director of Assurance Services at McIsaac Darragh in Amherst. She has experience in financial statement preparation and analysis, auditing of profit and not-for profit entities, personal and corporate income tax preparation, and business and tax planning. Cindy is delighted to be able to serve the business advisory needs of residents of Cumberland County.

PHYSICAL LITERACY AND LONG-TERM ATHLETE DEVELOPMENT

FREE WORKSHOP

THURSDAY, NOVEMBER 8 (6:00-8:00PM)

OXFORD
(Oxford Fire Station, 107 Waverly St)

WORKSHOP: An interactive workshop exploring the relationship between physical literacy, fundamental movement skills, and long-term athlete/participant development. An opportunity to share thoughts and practices on creating an engaging and active environment for youth.

FACILITATOR: **Michel Johnson** is a professor of kinesiology at the Université de Moncton. He teaches in the areas of motor development and exercise prescription. Michel is also a fundamental movement skills learning facilitator for the National Coaching Certification Program and Physical and Health Education Canada.

CONFLICT RESOLUTION

$20 / PARTICIPANT (LUNCH INCLUDED)

TUESDAY, NOVEMBER 13 (9:30AM-4:00PM)

PARRSBORO
(Parrsboro Band Hall, 44 King st)

COMMUNITY SECTOR COUNCIL of NOVA SCOTIA

WORKSHOP: Participants in this workshop will learn about a practical and powerful approach to dealing with conflicts effectively. Participants will leave with: basic knowledge, skills, techniques, and some experience in using a world-renowned process called "Interest Based Negotiation (IBN)" to deal with any situation.

FACILITATOR: **Michael Edward Petitpas** is currently the Owner of Clear Resolutions, Conflict Management Services and Senior ADR Practitioner (Mediator) at the Conflict Resolution Centre, DND Atlantic Region Halifax. He has a Bachelor of Education Degree from the University of Saskatchewan, and a Certificate in Conflict Resolution from the University of Prince Edward Island.

YOUTH ENGAGEMENT

$20 / PARTICIPANT (LUNCH INCLUDED)

FRIDAY, NOVEMBER 16 (9:30AM-4:30PM)

SPRINGHILL
(Dr. Carson & Marion Murray Community Centre, 6 Main St)

WORKSHOP: This experiential workshop with HeartWood Centre for Community Youth Development will explore frameworks and tools that will help you better understand youth engagement practices, as well as take you through interactive activities that bring this learning into context with your own life and work.

FACILITATOR: **Rena Kulczycki** is one of HeartWood Centre's senior facilitators. Rena is an activist and facilitator bent on building inclusive communities that celebrate diversity, and can be described as inclusive, eloquent, genuine, insightful, purposeful and engaging.

SOCIAL MEDIA

$20 / PARTICIPANT (LUNCH INCLUDED)

SATURDAY, NOVEMBER 17

(Basics: 9:00AM-12PM ; Advanced: 1:00-4:30PM)

TIDNISH
(Tidnish Community Centre, 4358 Hwy 366)

cumberland

WORKSHOP: (Basic Social Media – AM) Find out what social media platforms are best for your organization. Learn to set up events, use hashtags, engage friends, boost your posts, and run contests. (Advanced – PM) This portion of the day will focus on how to engage your audience, how to get the most from your hashtags, understanding social media analytics, linking your social media accounts to reduce time "posting".

FACILITATOR: **Amanda MacLeod** is the Sustainable Communities Marketing Officer for the County of Cumberland and the Cumberland Energy Authority. She spent several years in Public Relations and Marketing for the Moncton Wildcats, and she worked on the rebranding of PolyCello to Emmerson Packaging.

COACHING YOUNG ATHLETES

FREE WORKSHOP (LUNCH INCLUDED)

SUNDAY, NOVEMBER 18 (1:00-5:00PM)

SPRINGHILL
(Dr. Carson & Marion Murray Community Centre, 6 Main St)

Special Olympics Nova Scotia

WORKSHOP: Learn about common intellectual disabilities and how to present learning strategies helpful for developing Fundamental Movement Skills (FMS) for children ages 2-12 with an intellectual disability. You will leave with: An understanding of characteristics and teaching techniques for children with an intellectual disability; An understanding of the types of adaptations needed for programs involving these children; The role FMS plays in schools and daycares given the current lack of physical activity. Participants will receive a Coaching Association of Canada certification in the module Coaching Young Athletes and a certificate.

FACILITATOR: **Tom Fahie** is the Youth Development Coordinator for Special Olympics Nova Scotia. A former Physical Education teacher and Executive Director for the Nova Scotia School Athletic Federation, Tom travels the province setting up Fundamental Movement Skill (FMS) programs for children with an intellectual disability.