

Personal Skills Development & Building Capacity – Certificate Program

This program is intended to assist students in developing proficiency in transferable skills required to maximize their **own** well-being (option one) and to support **others** to do the same (option two).

To be eligible for the certificate program:

- Students must be registered in the current academic semester
- All courses must be completed within one academic year (September – August)

By completing the requirements for each option, the student will be eligible to receive a certificate. After each workshop is completed, the student will receive a confirmation of their attendance. It is up to the student to hold on to their proof of attendance and complete this [form](#) (form can also be found at mru.ca/wellnessworkshops) once the appropriate number of workshops have been completed for a certificate.

Option One: Personal Skills Development

This certificate program focuses on building personal coping skills and resiliency. Pick any combination of the following workshops/trainings equivalent to **4.5 hours** or more:

Workshop/Training	Description	Hours
The Inquiring Mind	The Inquiring Mind workshop increases awareness of mental health, reduces the stigma of mental illnesses, and provides resources to maintain positive mental health and increase resiliency.	4 hours
Happiness and Resilience	Learn practical steps to increase your resiliency and intentional activities that will help you flourish personally and academically.	1.5 hours
Managing Exam Anxiety	Is your anxiety about exams negatively impacting your performance? Learn best strategies for managing your nerves and leveraging that tension to improve outcomes.	1.25 hours
Managing Stress	Do you feel stressed? Overwhelmed? Burnt-out? In this workshop you will learn how to make stress work for you, and strategies to deal with the demands of being a student.	1.5 hours
Mindfulness	Wish you could focus better? Quiet an overly busy mind? Have you heard about mindfulness and want more information about how it can work for you? Learn mindfulness practices which can help manage the stress of student life. No prior experience required.	1.5 hours
Breathing, Grounding and Meditation	Interested in learning more about breathing, grounding, and meditation? Learn more about the science behind these techniques as well as some ideas and conversation about practical ways to incorporate these into your wellness practices	1.25 hours
Managing	Are you putting need to do tasks off? Learn what gets in the way of	1.5

Procrastination	doing what you need to do and manage procrastination. Improve productivity with developing skills in time management, setting priorities and motivation.	hours
Happiness and Resilience	"You can't stop the waves, but you can learn how to surf." – Jon Kabat-Zinn Learn practical steps to increase your resiliency and intentional activities that will help you flourish in your personal and academic lives	1.25 hours
ABZzzs of Sleep	Falling asleep in class? Trouble getting a good night's sleep? Learn about the biology of sleep, as well as tips and strategies for getting to sleep and staying asleep.	1.5 hours
Talking to Your Prof 101	Being able to talk to your professor to leverage their knowledge and support can sometimes be nerve-wracking. Join a counsellor to learn how to increase your comfort and skills for reaching out to your professor, and connecting in ways that support your success and enjoyment of learning	1.5 hours
Finding Your Career Passion	Unsure about your future career path? Worried about the major you chose? Explore your passions and all the options open to you for getting on the right career track.	3 hours
Creating a Culture of Consent	<p>Good sex and healthy relationships require renegotiations and collaborative considerations of everyone's needs and boundaries to ensure that what is happening feels good. A culture of consent promotes healthy relationships and sex that is safe and affirming.</p> <p>Participants of this workshop will come out with a deeper understanding of affirmative consent and tools to talk about healthy relationships and sex with their partners and friends. Whether a relationship is long-term, or a hook-up, understanding affirmative consent cultivates a community of care and respect.</p>	1.5 hours
Building the Love You Want	<p>This 4-week program is for those who want to deepen their capacity to connect with self and others. Through facilitated group discussions and reflective exercises we will explore what intimate relationships and connections means for you.</p> <p>Whether you are navigating dating, in a long term relationship, or have had a relationship end- all are welcome. This program has been developed to help support you in identifying your needs and values to support who you are in your intimate relationships and connections.</p> <p>This will be a closed group. Participants are asked to attend each session.</p>	4 hours

Option Two: Building Capacity to Support Others

This certificate program focuses on expanding capabilities related to supporting others. Complete **two** of the following workshops to receive a certificate:

Workshop/Training	Description	Hours
Harm Reduction & Naloxone Training	Be informed about the current state of opioid use in Canada and the harm reduction responses being employed. You'll learn how to recognize and respond to an overdose, including how to provide Naloxone by practicing injections in a safe and non-judgemental setting.	2 hours
safeTALK	SafeTALK is a 3.5 hour suicide alertness workshop that alerts one to warning signs that are indicating risk of suicide. At a safeTALK workshop, you'll learn the importance of recognizing signs, communicating with the person at risk, and connecting them to intervention resources for further support.	3.5 hours
ASIST (Applied Suicide Intervention Skills Training)	ASIST is an interactive and practice-based course that teaches participants how to provide suicide first aid interventions. Through completion of the training, participants will be able to understand how personal and societal beliefs and values impact views on suicide. provide tailored guidance and suicide first aid, identify an effective safety plan and know how to implement it and recognize important components of suicide prevention.	16 hours
Supporting Survivors of Sexual Violence	Sexual violence is a pervasive problem within society that has far reaching impacts for many. Often when someone experiences sexual assault, the first person that they will disclose to is a person who they know and trust. This workshop is designed to equip participants with the knowledge, skills and tools necessary to understand sexual violence and effectively respond when someone discloses sexual harassment or sexual assault.	3 hours
Bystander Interventions to Sexual Violence	What do you do when you see situations of sexual violence? Someone is being harassed, cat called, or sexually assaulted. You hear others speaking in ways that promote rape culture. Do you step-in? Do you know what to do or say? This bystander intervention training focusses on building the skills and confidence to recognize sexual violence and intervene when it is happening. Through this workshop, participants will explore some skills to be able to safely intervene in situations of sexual violence and contribute to a culture shift that promotes a community that values care, fun and respect.	1.5 hours
Menstrual Equity through Cloth Pad Making	Learn more about period poverty, menstrual equity and cloth pad making in this hands-on workshop. This workshop focuses on how period poverty impacts those who menstruate and teach you how to make your own cloth pads, a more sustainable option that can be washed and reused.	2 hours