

# THE Accent

Prince Edward Island Union of Public Sector Employees

***Please register for courses online at (www.peiupse.ca) under "education" or contact the union office to register at 902-892-5335, toll free 1-800-897-8773, or e-mail peiupse@peiupse.ca***

## Call for Directors (Vacant Positions)

UPSE's *Membership Services Committee* has issued a call for nominations for vacant Director positions in locals 6, 12 and 13. Nomination forms are available to print from the union's website (www.peiupse.ca), or call UPSE at 902-892-5335, or toll free at 1-800-897-8773.

**To be eligible for nomination as a Director a member must:**

- be in good standing for at least the previous twelve months (1 yr)
- be nominated by a member in good standing of the applicable local
- have completed the Welcome to UPSE or equivalent course

All nominations must be received at the union office by 4:00 pm on March 9, 2018. A biography must be included with the nomination form (mandatory).

## Welcome to UPSE

- ***learn about UPSE's history and evolution in PEI***
- ***learn about the union's structure, and how it works***
- ***learn about the tools you need to carry out your role within the union effectively***
- ***February 28 in Charlottetown and March 16 in West Prince***

## Mental Health / Stress in Workplace

- ***The course emphasizes the importance of maintaining good mental health and understanding mental health conditions***
- ***The nature of stress, particularly stress in the workplace and managing stress will be examined***
- ***There will be discussion about the ways people can help themselves cope with the aftermath of dangerous or traumatic situations at work so they can minimize the risk of suffering longer term impacts on their mental health***
- ***April 6 in Charlottetown***

# Harmony and Understanding in the Multi-Generational Workplace

Participants will be presented with the profiles of a number of generations in the modern workforce from Baby Boomers (51-70 years), Generation X (36-50 years), Millennials (22-35 years) and Mature Generation Z (17-21 years).

• ***Given these characterizations (and sometimes generalizations): how can the generations work together in the many worksites in which UPSE members are employed?***

• ***May 4 in Charlottetown***

## UPSE Educational *Steward Level I*

The Steward Level I course is designed for members interested in becoming a Steward or have been elected to the position.

**Members will learn about:**

***Prerequisite: Welcome to UPSE***

- ***the important role Stewards play in the union***
- ***what makes unions strong***
- ***what tools are required to act effectively in the role of Steward***
- ***May 17 in Charlottetown***

## UPSE Educational *Steward Level II*

The Steward Level II course is an informative follow-up to the Level I offering.

**Learners will focus on representation issues including:**

***Prerequisite: Welcome to UPSE, Steward Level I, and must be elected as a Steward***

- ***knowing your membership***
- ***working with your union executive***
- ***grievance preparation, problem solving and conflict resolution***
- ***June 1 in Charlottetown***

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*PEI UPSE is proud to represent over 5000 members in the public and private sectors.*