

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 Anxiety and Worry	Do you feel like worries are controlling your life? Is anxiety a problem for you? This workshop will help you understand what anxiety is and give you tools and strategies for coping.	1.5 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
Procrastination	Do you find yourself putting off until tomorrow what you need to do today? Falling behind because of procrastination? Learn what gets in the way of doing what you need to do. Also learn strategies related to time management, setting priorities and perfectionism to change procrastination into productivity.	1.5 hours

ABZzzzs 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
Dealing with Challenging Situations	Do your emotional reactions get in the way of accomplishing your goals? Attend this workshop to learn how to manage your feelings and stay present in difficult conversations and situations that trigger high emotion for you.	1.5 hours
MBTI for Relationships	Would you like to improve your relationships? Attend this workshop to learn to understand your communication, decision-making and processing styles to improve your relationships.	1.5 hours
Career Passion	Don't know what major is for you? Do you want to know how your interests can lead to a career that fits who you are? During this workshop you will complete a variety of self-assessment exercises to help you discover passion-based career possibilities.	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

QPR – Suicide Intervention Training	Question, Persuade, Refer (QPR) is a certified suicide intervention program. It supports people in learning to recognize signs of distress and builds awareness of suicide. We want to create a strong campus where people are educated and aware of how to support others.	1.5 hours
Traumatic Experiences Support	Are you, or a person you care about, dealing with the effects of a traumatic experience? Attend this workshop to understand the impact of trauma, and ways of coping and healing.	1.5 hours
Listening to Refer	Would you like to improve your ability to support others? Attend this workshop to learn how to listen to those in distress and encourage them to seek help. Learn about resources available to you and others.	1.5 hours
Conflict Resolution	Do you want to be more skilled in resolving conflict? Attend this workshop to discover your conflict resolution style and explore ways to make your style work for you.	1.5 hours
Supporting Survivors of Sexual Violence	<p>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.</p> <p>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.</p>	3 hours
Bystander Interventions to Sexual Violence	<p>What do you do when you see situations of sexual violence?</p> <p>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?</p> <p>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.</p>	1.5 hours