



## PROFESSIONAL ACTIVITY DAY FRIDAY, November 24, 2023

### AGENDA

The Religious and Family Life Education, Equity and Inclusion Department is pleased to provide an agenda for the November 24<sup>th</sup> Professional Development Faith Day for all CDSBEO staff. The day will begin with the celebration of Mass or a Liturgy. For the remainder of the morning, staff will gather for three prerecorded virtual sessions by Guest Speaker David Wells. After each session, reflective questions will guide a discussion. The Powerpoint presentation with the required links is being provided to all school principals and chaplaincy leaders via email.

#### MORNING

- Welcome and Land Teaching
- Mass or Liturgy
- Guest Speaker: David Wells
  - Topic One: *Be Here - The Art of Presence* and Discussion
  - Topic Two: *Be You – The Art of Authenticity* and Discussion
  - Topic Three: *Belong – The Art of Fraternity* and Discussion

#### LUNCH

#### AFTERNOON SESSION

Principals are asked to gather their staff together for the 1:00 p.m. **LIVE Virtual** presentation from Telus Health on our CDSBEO Employee Family Assistance Program.

**Topic:** CDSBEO Employee Family Assistance Program  
**Entity Hosting:** School Board  
**Facilitators:** Telus Health - Claire Kilmer  
**Live Virtual Presentation:** Starting promptly at 1:00pm to 1:30pm

#### **Description:**

A representative from Telus Health will be providing an overview of the Employee Family Assistance Program which provides Mental Health supports and Work/Life Services for CDSBEO employees and their families. This presentation will allow employees to get a better understanding of the valuable services offered including support with mental, financial, physical and emotional well-being.



**Staff should complete Vector Training modules independently at their workstations.**

<b>Topic:</b>	Health Safety Training – Stress Management & Office Ergonomics
<b>Entity Hosting:</b>	School Board
<b>Facilitators:</b>	School Board Staff

**Description:**

Representatives from the School Board's Human Resources Department have coordinated Health and Safety training provided by Vector Solutions on Stress Management and Office Ergonomics. The Stress Management course will provide employees with information needed to manage and reduce stress. The Office Ergonomics training module will review techniques to improve posture, describe stretching exercises to reduce the chance of injury, and how to use ergonomic best practices.

Service oriented projects such as food or clothing collections in support of the school's local community is voluntary.

Our Faith Day with a focus on service to community connects to the *Believing* Tenet of our CDSBEO Multi-Year Strategic Plan: [Strategic Plan 2020-2025](#).

*At the CDSBEO, the tenet of believing responds to the universal human yearning to believe in God and foster that desire by bringing the practice of learning to life through both belief in the teachings of our Catholic faith, as well as actions that allow our faith to be lived out through Catholic traditions and practices, including social justice, community outreach, devotions, and liturgies. Our commitment to faith and belief supports our students in their journey to grow in belief in God and themselves and, ultimately, embody the Catholic Graduate Expectations as we walk together with them on their journey through Catholic education.*

**END OF DAY**