



Atlantic Region  
Région de l'Atlantique

# ATLANTIC REGION

## VIRTUAL STEWARD SESSIONS

With cancellation of both Regional and Steward Councils in 2020, the Atlantic region will be offering ongoing sessions planned to provide online opportunities for you to further develop your skills. The first two of these sessions are outlined below.

For those new to ZOOM take a look at the [quick start guide for new users](#).

Watch your inbox as you will receive CVENT email invitations containing links to register. Once registered, you will receive a confirmation email containing the link to the virtual event. Looking forward to connecting with you.

### 1. COVID 19 IN THE WORKPLACE

- **Wednesday, November 4, 2020**

You have a choice between the following times on the above date:

- **9:00 am – 10:30 am**                      **2:00 pm – 3:30 pm**

Join Paul Hartigan, Atlantic Regional Manager and Max Way, Employment Relations Officer for this informative session. It will provide answers to inquiries received in the regional office related to COVID and workplace safety as well as share what PIPSC has done to date to advocate on your behalf.

Salary compensation will be provided to a total of 3.75 hours for this event. Institute policy allows for compensating participants who use vacation leave, compensatory leave, union leave with pay (where applicable), or union leave without pay. You will be provided with a Union Leave With Pay Authorization form at the time of registration.

### 2. RESILIENCE IN A VIRTUAL WORLD

- **Tuesday, November 24, 2020, 7:00 pm**

And then one day... the entire world was different. Now, CHANGE is not optional.

Suddenly we all find ourselves facing things we didn't even know about a few months ago. Our workplaces have been transformed. Our home life has been transformed. And going shopping, well...

With the blurring of lines between work and home and school, we all need the tools to manage through dramatic shifts in our lives.

Join professional speaker, Paul Huschilt as he takes us on a virtual quest to fight our new reality stress with humour. We'll go through easy-to-implement solutions and strategies to stay positive, and stay connected to our family and colleagues. You will leave the session with ways to stay resilient and healthy through these difficult times.