



ROYAL ROADS
UNIVERSITY



Continuing Studies

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Any courses that are considered pre-requisites to higher learning or are admissions requirements at RRU, or any of the professional development and green learning courses that help to fulfill requirements for a certificate, will be tax exempt. All other courses will be subject to applicable taxes.

Photos: Cover and back photo by Nirvan Hope, EarthRhythms Photography www.pbase.com/nirvanh

Five Ways to Register:

Online



Use your Visa, MasterCard or Amex online at:
www.royalroads.ca/continuing-studies

By Telephone

Register by phone using Visa, MasterCard or Amex

Monday to Friday 8:30 a.m. – 4:30 p.m.
by calling 250-391-2600, ext. 4801
or Toll Free 1-866-890-0220

By Fax

250-391-2500

Please complete the registration form at
www.royalroads.ca/continuing-studies/about-registration.htm
Be sure to include your Visa, MasterCard or Amex information.

In Person

Office hours are Monday to Friday 8:30 a.m. – 4:30 p.m. The office is located in the Grant Building, Room 117

By Mail

Complete the registration form at:
www.royalroads.ca/continuing-studies/about-registration.htm
and mail to:

Royal Roads University - Continuing Studies
2005 Sooke Road, Victoria, B.C. V9B 5Y2

Please include payment by Visa, MasterCard, Amex,
Money Order or Cheque.

Seats will only be held when accompanied by payment in full.

“BEST TO REGISTER BY” DATE

The University makes every reasonable effort to project and plan enrolment. At times the number of students exceeds the instructional resources that we can reasonably make available and in such cases, we must reserve the right to limit enrolment in the courses and to withdraw courses for which enrolment or resources are insufficient.

“Best to Register By” dates help to ensure that your seat is reserved and proper resources are in place. In the event of a course becoming full, you may ask to be placed on a cancellation call list and/or on a wait list for a future offering of that course. If you are interested in enrolling after the register by date has elapsed, it is best to please call our office to determine course status 250-391-2600 x 4801.

“Look into nature...” (not just at it) as Einstein said, *“...and you will understand everything better.”*

Wave in, wave out. Fascinated by tidelines, I find myself at water's edge at dawn to apprentice to this endless confluence of earth and water. I walk the curvy trinity of coming, going and holding forth, transformation at the edge of leaving and returning, a gracious geographic curriculum in this natural cycle of ebb and flow. Knowing my own saline blood responds to the gravitational tug of tide and moon, I realize we are kin. I poke through the glistening kelp-strewn news, the crusty headlines of debris deposited in an oceanic narrative spreading for miles. I am engaged in a wild and watery discourse written in pebble and shell, wave, wood and seaweed from the deep... then, a Barbie doll head, Styrofoam cup, plastic bag, shard of beer bottle sporting a partial yet legible "Lucky" label. What does this say? In this intertwinement of culture and nature, the human and more than human gestures of life, I fear we do not speak the same language anymore. A widening gap between the (fiction of) nature "out there" and nature "in here", (in ourselves), has allowed us to forget that when we ruin this place, we will have no place, no way to live. Have we forgotten that we are of this place, related to every living thing, and not only from here, but we are *how* the earth lives - in human conscious form? It seems we may have become unconscious of that understanding somehow.

Wave in, wave out. Our epistemology must include soulful ways of coming to know ourselves beyond individualism and self-interest. We must offer pedagogies of re-enchantment with the world in order to know our ecological or embedded selves (cultivate a sense of where we belong, where we come from) and allow ourselves to get to know all other living beings through multiple perspectives and with opportunities to understand and embody the notion of co-existence. How can we explore for a deeper interrelated identity with wider resources, allies and synergies in order to buoy up the kind of resiliency that flows from being honest, present, and motivated by courage and action in community? And there must also be a space for our pain and despair to be witnessed as we find ourselves in deep water as a species. A space for the largest conversations we can have.

Wave in, wave out. In Continuing Studies, we're calling for those conversations as we ask ourselves, what are we willing to lose, to open to, to risk, to stand for and do? Ecological literacy, the environment and sustainable practices are all part of our daily discussions in lifelong learning. This 2011-12 calendar in your hands offers over 300 courses, certificates, discussions and events on virtually every aspect of the new ways we can live our lives and work together toward a more sustainable existence for us all. Inspiring this ethos are remarkably brave mentors and masters such as: Dr. Jane Goodall, founder of the Jane Goodall Institute and U.N Messenger of Peace (Oct 15), poet-philosopher David Whyte (May 4-5), eco-philosopher and elder Joanna Macy (Aug 2-12), and author and poet (and one of Oprah's favourite writers) Mark Nepo (Sept 21-23, 2012). All eco-centric agents of change calling us to expand our notions of what it means to be in and of this world as they each model their own unique calling and contribution, bringing their gifts as offerings for a new world. It is a rare privilege to co-create the conditions for hope and change that can unfold when we meet authentically on the edge of wildness, possibility, and wonder, on "the shores of a promise to great to be ignored"... out on the tideline ... where everything can happen. We hope to see you there. *Wave in, wave out.*

BLESSING THE BOATS

(at St. Mary's)

may the tide
that is entering even now
the lip of our understanding
carry you out
beyond the face of fear
may you kiss
the wind then turn from it
certain that it will
love your back may you
open your eyes to water
water waving forever
and may you in your innocence
sail through this to that

Lucille Clifton



Hilary Leighton M.Ed.,
Director, Continuing Studies

ARTISTS IN NATURE: Activists Who Take Up The Brush, Pen And Lens For A Cause

MEMA2425

Over the past 20 years, artists from many countries have banded together and visited many threatened parts of the natural world. Robert Bateman is one such artist. At this event, he will talk about some of these excursions, sharing his experiences of the Biebrza Marshes in Poland, Extremadura in Spain, the Pyrenees, the Wenatchee Valley in Washington state, and Carmanah, B.C. At each location, the artists camped on-site or were billeted with locals and walked the countryside painting, sketching, photographing, and writing to aid the area's preservation. Later, exhibitions were held featuring (and selling) the art to raise both consciousness and funds. In addition, a coffee table book was published to commemorate the visits and sold to raise money to help preserve the threatened areas.

Facilitator: Robert Bateman has been a keen artist and naturalist from his early days. He has always painted wildlife and nature, beginning with a representational style, moving through impressionism and cubism to abstract expressionism. In his early 30s, he moved back to realism as a more suitable way to express the particularity of the planet. It is this style that has made him one of the foremost Canadian artists depicting the world of nature; it is his passion for the wellbeing of human and natural heritage that has made him a champion of the environment and the natural world.

Note: All net proceeds from this event go to the Robert and Birgit Bateman Bursary to assist one or more graduate students enrolled in the MA in Environmental Education and Communication at Royal Roads University.

There will be books for sale and signing at the event.

Length: 3.5 hours (half day)

Date: Wednesday, November 30, 2011

Times: 1 pm – 4:30 pm

Cost: \$45 (tax exempt)

Best to register by: Wednesday, November 16, 2011

AN EVENING WITH DAVID WHYTE

MEMA2430

David Whyte's poetry looks at the larger, timeless relationship of human beings to their world, to their relationship with creation, their relationship with others and with death. He looks at the sufferings and joys that come with revelations and the necessity of belonging to specific families, peoples and places. His work also chronicles a close relationship to landscapes and histories.

Whyte's burgeoning readership (and listenership) grew organically in almost all corners of the globe until it created a critical mass of recognition. In the last few years, his work has started to appear at literary events in the U.S. and the U.K., such as the Oxford, Ledbury and Ojai poetry festivals. His poetry is beginning to be spoken of in the same breath as other major contemporary, Irish, American and English poets. Whyte has published nine books, an audio lecture series, a DVD and an album of poetry and music.

Join David Whyte and friends for what will prove to be an enchanted and unforgettable evening at Royal Roads. Be sure to register early as this event sold out last year and seating is limited.

Length: Two hours

Date: Friday, May 4, 2012

Times: 7 pm – 9 pm

Cost: \$30 + applicable taxes

Best to register by: Friday, April 20, 2012

INTENSIVE IN "THE WORK THAT RECONNECTS"

With Joanna Macy

MEMA2701

This nine-day intensive offers theoretical and practical training in what's known as The Work That Reconnects, demonstrating our interconnectedness in the web of life. This distinctive group work has, since its inception in the late 1970s, helped people the world over to find sane, creative responses to the social and ecological crises of our time. We will be weaving together the strands of Joanna Macy's response to despair and empowerment, deep ecology and deep time work, with attention to different ways we can bring these long-range approaches to our communities and organizations.

The goals of the intensive are:

1. To sharpen our perceptions of both the unraveling of the industrial growth society and the emergence of a life-sustaining society, known as The Great Turning.
2. To understand cognitively and to integrate psychologically and spiritually The Work That Reconnects.
3. To build strong, lasting connections for life on Earth that can provide mutual support under conditions of political repression, economic breakdown, and ecological collapse.
4. To review our lives, reflect on our gifts, and clarify our intentions for taking part in The Great Turning.

The intensive will be limited to 35 participants, by application only. Previous experience with The Work That Reconnects is required (minimum of a weekend workshop). To apply, email: workthatreconnects@gmail.com.



JANE GOODALL



ROBERT BATEMAN



JOANNA MACY

Length: Nine days
 Date: August 3 – 12, 2012
 Times: Various – residency required
 Cost: \$1295 + applicable taxes (includes tuition, room and board)
 Best to register by: July 13, 2012

REASON FOR HOPE: Exploring The Challenges Of Science And Soul – An Evening With Dr. Jane Goodall

The Jane Goodall Institute of Canada and Continuing Studies at Royal Roads University welcome acclaimed environmentalist, UN Messenger of Peace, and founder of the Jane Goodall Institute, Dr. Jane Goodall, in an exclusive engagement at the Alix Goolden Hall on October 15, 2011. In the wrap-up to the 50th anniversary celebrations of her pioneering research on the behaviour of our closest animal relatives – chimpanzees – guests will be treated to stories from Dr. Goodall's time in the field, her reflections on global conservation issues, and her reasons to hope for the future of the planet.

Date: Saturday, October 15, 2011
 Time: 6:30 pm – 7:30 pm , Wine reception with Dr. Goodall for Premium ticket holders in Wood Hall
 7:30 pm – 9:30 pm , Evening lecture for all levels of ticket holders
 Location: Alix Goolden Hall, 907 Pandora Ave.
 Costs: Premium – \$125.50 + applicable taxes (includes wine and cheese reception, meet-and-greet with Dr. Goodall, and lecture)
 Level I – \$65.50 + applicable taxes
 Level II – \$45.50 + applicable taxes

Each ticket level has limited seating, so please register early. Ticket prices correspond to seat locations in the hall. Reserve your tickets through the Royal Box Office by calling: 250-386-6121 or toll-free at 1-888-717-6121 or by visiting: www.rmts.bc.ca

This evening is a fund – and awareness-raising event for the Jane Goodall Institute of Canada (founded in 1983), part of a dynamic global network of Jane Goodall Institutes around the world. JGI Canada supports habitat conservation and chimpanzee protection programs in Africa and runs Jane Goodall's Roots & Shoots program – a global youth action program – here in Canada. For more information on Dr. Goodall's work and the JGI, please see the website: JaneGoodall.ca

SEVEN THOUSAND WAYS TO LISTEN: The Work Of Reverence MEMA2432

We spend much of our time on earth awake and listening. It appears that a devotion to deep listening remains the simple and sacred work of being here. To awaken our heart through this sort of reverence strengthens the

fabric that knits us all together. The world needs healthy, awakened souls to stay alive and whole. Yet how do we inhabit these connections and find our way in the world? By listening our way into lifelong friendships with everything larger than us, with our life of experience, and with each other.

This retreat, based on Mark Nepo's new book, *Seven Thousand Ways to Listen: The Work of Reverence*, invites you into the work of reverence; into the work of staying freshly connected by entering into your friendship with this mystery we call life, to listen in every way you can.

Through the use of meditation, journal-keeping, , storytelling, dialogue, deep listening and the poetry of being together, this workshop offers fresh perspective on the art of being alive, providing essential insight into how we can minimize what stands between us and our experience of life.

Facilitators: **Mark Nepo** is a poet and philosopher who has taught in the fields of poetry and spirituality for more than 30 years. A New York Times #1 bestselling author, he has published 12 books and recorded six audio projects. In 2010 and 2011, Nepo sat down for interviews with Oprah Winfrey as part of her SIRIUS XM Radio show, Soul Series, and was also interviewed on Good Morning America about his bestselling volume, *The Book of Awakening*. His work is being translated into 18 languages. Please visit www.MarkNepo.com and www.threaintentions.com

Margo McLoughlin is a Canadian storyteller and writer, and a graduate of the Harvard Divinity School. Margo translates the Jātaka (the stories of the Buddha's former births) from Pali and performs her own adaptations, bringing to life the world of Ancient India with evocative images and words. Margo works for the Fetzer Institute's Generosity of Spirit project, which uses stories of generosity as tools for reflection and dialogue within organizations and community-groups worldwide. www.thestoryfield.net.

Length: One evening, one day, one half-day
 Date: Friday, Saturday & Sunday, September 21, 22, & 23, 2012
 Times: Friday 7 pm – 9:30 pm , Saturday 9 am – 5 pm,
 Sunday 9 am – 3 pm
 Cost: \$365 + applicable taxes
 Best to register by: Friday, September 7, 2012

Note: Mark Nepo will be reading and signing books at Bolen's Books on Monday, Sept 24, 2012 at 7 pm.



MARK NEPO



MARGO MCLOUGHLIN

THE TIME OF OUR LIVES: Enlarging The Frame – An Evening With

Joanna Macy

MEMA2429

Then the knowing comes: I can open to a life that is wide and timeless.

– R.M. Rilke

It is our birthright as humans to inhabit a larger time frame than the short-term views of the Industrial Growth Society. As we recapture strong, felt relations with past and future generations, we discover our creativity, courage and staying power. We have all we need to bring forth a life-sustaining society.

Length: Two hours

Date: Thursday, August 2, 2012

Time: 7 pm – 9 pm

Cost: \$20 + applicable taxes

Best to register by: Thursday, July 19, 2012

Join us Sept 22, 2011 from 6:30pm – 9:30pm for “Sustainability U” an evening at Royal Roads University showcasing innovative personal sustainability practices in short half-hour presentations that are free and open to everyone! Explore and sample an arts-based approach to wellness, learn about wild and whole foods and permaculture by design for healthy living, and discover your own creativity and body held wisdom as a source of personal sustainability. Each session is a sampler from this calendar. Please RSVP by Sept 16, 2011.

WHAT TO REMEMBER WHEN WAKING: Disciplines That

Transform Everyday Life

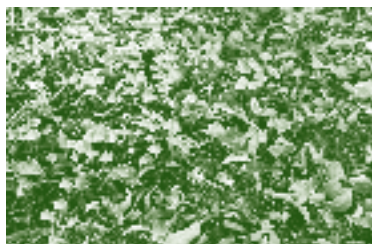
MEMA2431

Most of us have talents and qualities that live in us, isolated from the world, never finding a proper outlet or focus. This can lead to a sense of aimless, endless adaptation, rather than a growing feeling of belonging and generosity. There are ways of building this desired sense of belonging – disciplines that develop real maturity in a human being. It is important to recognize that what we look for is not untrammelled happiness, but an enlarging conversation that can encompass even the most harrowing losses.

This conversation is not a Pollyanna search for a hidden key to happiness, but a profound ability to make ourselves large enough, brave enough and generous enough for the triumphs and profound difficulties needed to live even the most ordinary human life. Join celebrated writer and teacher David Whyte to explore the cyclical, conversational nature of reality and the disciplines that can create an identity robust enough to meet life’s gifts and demands.



DAVID WHYTE



Facilitator: Poet **David Whyte** grew up with a strong, imaginative influence from his Irish mother among the hills and valleys of his father’s Yorkshire in England. The author of six books of poetry and three books of prose, Whyte holds a degree in marine zoology and has traveled extensively. His poetry has created a readership and listenership in three normally mutually exclusive areas: The literate world of readings that most poets inhabit, the psychological and theological worlds of philosophical enquiry, and the world of vocation, work and organizational leadership. An Associate Fellow at Templeton College and Said Business School at the University of Oxford, he is one of the few poets to take his perspectives on creativity into the field of organizational development, where he works with many international companies. There will be DVDs for sale and books for sale and signing.

Please register early, as this program will sell out.

Length: One day

Date: Saturday, May 5, 2012

Times: 10 am – 4 pm

Cost: \$125 + applicable taxes

Best to register by: Saturday, April 21, 2012

HOW DO WE GET THERE FROM HERE?

For directions on how to get to the campus as well as campus services such as parking, food services, maps, security and recreation, please visit our website: www.royalroads.ca/about-rru/the-university/campus-information/



PROFESSIONAL AND APPLIED CERTIFICATES



The Continuing Studies (non-degree) Professional and Applied Skills Certificates in: Supervisor Skills, Management & Leadership, Communication, Carbon and Energy Leadership, Eco-Literacy and – NEW this year – Human Resources Management – each include comprehensive and experiential short, non-credit courses designed to broaden understanding and competency development in; communication and collaboration; personal and environmental responsibility; leadership, mentorship and stewardship; design, planning and performance; diverse and multiple perspectives and ways of knowing; engagement and influence; whole systems and critical thinking; relationship and community building; and creativity.

Learn at your own pace. Each certificate is designed to be as flexible as you are. Begin when you are ready and end when you finish – in two months or two years. The order you take courses in is up to you. Let us help you customize your learning to correspond with your current professional needs and accomplish your learning objectives while successfully fulfilling the requirements of the program and earning a certificate.

As an additional benefit you can have a personal coach while you learn! We offer one-on-one coaching designed to focus energy on achieving specific results through finding new ways of thinking and behaving and becoming a catalyst for change. Time spent with a coach will improve your leadership focus and become an investment of time in your own development and growth and not least of all, it supports a move toward the next level in career satisfaction and performance. Leadership coaching offers a confidential, non-judgmental sounding board that fits with your agenda by phone or face to face. Additional fees to the certificate tuitions will apply. Please refer to "Hire A Coach" on page 16 or contact our office for more information about this opportunity.

"Continuing Studies students who complete any of the certificate programs (non-credit), may receive recognition for prior learning as part of the admissions evaluation process for RRU credit programs (certificate, diploma, and degree)." – The Royal Roads University Registrar

NOTE: Any of the courses that you see listed here in a certificate or on our website as an elective may be substituted where appropriate in consultation with and approval from the Director (or designate) of Continuing Studies. Let us help you customize your certificate to correspond with your current professional needs to accomplish your learning objectives while successfully fulfilling the requirements of the program within two years of your start date.

For a comprehensive Electives List for each certificate, please visit our website: www.royalroads.ca/continuing-studies under the heading Certificate Programs.

SUPERVISOR SKILLS

Competency	Course	hours	page
Communication	Core Communications Skills – Oct 7 or 14, 2011 or Jan 27 or Feb 3 or Apr 10 or 11, 2012	8	31
Relationship & Team Building	Developing High Performance Teams – Oct 11 or 12, 2011, or Jan 30 or 31 or Apr 2 or 3, 2012	8	11
Performance Management	On the Job Orientation – Oct 20 or 21, 2011, or Feb 8 or 9 or Apr 19 or 20, 2012	8	17
Planning & Problem-Solving	Plan the Work and Work the Plan – Oct 31- Nov 1, or Nov 3-4, 2011, or Feb 20-21, or Feb 23-24, or Apr 23-24 or Apr 30-May 1, 2012	16	18
Self-Development & Creativity	Positive Strategies for a Healthy Workplace – Nov 14 or 15, 2011 or Mar 5 or 6 or Apr 10 or 11, 2012	8	18
The Self That Leads	Lead from Your Strengths – Nov 21 or 25, 2011, or Mar 9 or 12, or May 14 or 25, 2012	8	27
Total	6 Core Courses	min 56	
	Requires 2 electives for a total of 8 courses for completion	72-88	



www.royalroads.ca/continuing-studies



Professional Advancement



MANAGEMENT AND LEADERSHIP SKILLS

Competency	Course	hours	page
Communication	Communicating with Clarity and Impact: <i>Professional Writing, Public Speaking and Presentation Skills – Dec 5-6, 2011 or March 8-9, 2012</i>	16	30
Relationship & Team Building	Teams That Trust – <i>Feb 20, 2012</i>	8	22
Performance Management	Coaching for Performance – <i>Nov 17, 2011 or Feb 22, 2012</i> or Talent Management: <i>Developing Leaders Through Intentional Succession Planning – Feb 9, 2012</i>	8	10 or 22
Planning & Problem-Solving	Project Management Essentials – <i>Nov 16-17, 2011, or March 6-7, 2012</i> or Strategic Thinking That Works! <i>Turning Vision Into Results! – Dec 8-9, 2011</i>	16	19 or 21
Self-Development & Creativity	Whole Brain Thinking: <i>Cultivate 21st Century Creativity and Leadership – Nov 30-Dec 1, 2011 or May 31- June 1, 2012</i>	16	23
The Self That Leads	The Way of the Leader – <i>ONLINE – Nov 7- Dec 9, 2011 or March 5 – April 6, 2012</i>	four weeks online	29
Total	6 Core Courses	min 65 +	
	Requires 2 electives for a total of 8 courses for completion	96 +	

PROFESSIONAL HUMAN RESOURCES MANAGEMENT (HRM) SKILLS

Competency	Course	hours	page
Communication & Human Interaction	A Fresh Perspective on Human Potential: <i>Roles, Goals and Vision in HRM – Feb 7, 2012</i>	8	14
Recruitment & Retention	Hire Power: <i>Hiring and Keeping the Very Best – Nov 29 -30, 2011</i>	16	16
Performance Management	Coaching for Performance – <i>Nov 17, 2011 or Feb 22, 2012</i>	8	10
Strategic Thinking & Planning	Talent Management: <i>Developing Leaders Through Intentional Succession Planning – Feb 9, 2012</i>	8	22
Relationship & Team Building	Teams that Trust – <i>Feb 20, 2012</i>	8	22
The Self That Leads	Personal Mastery and HRM – <i>March 16, 2012</i>	8	28
Total	6 Core Courses	min 56	
	Requires 2 electives for a total of 8 courses for completion	72-88	

PROFESSIONAL AND APPLIED COMMUNICATION SKILLS

Competency	Course	hours	page
Communication & Human Interaction	Drilling Down and "Why"-sing Up: <i>Solving Communication Challenges at Work – Feb 2, 2012</i>	8	32
Critical Thinking & Problem-Solving	Reasoning and Analytical Thinking: <i>Tools for the Independent Thinker – Mar 30, 2012</i>	8	20
Perspectives & Awareness	Non-Violent Communication: <i>The Language of Respect – Nov 28-29, 2011 or March 15-16, 2012 or April 16-17, 2012</i>	16	34
Skills & Techniques	Communicating with Clarity and Impact: <i>Professional Writing, Public Speaking and Presentation Skills – Dec 5-6, 2011 or March 8-9, 2012</i>	16	30
Leading Through Relationship Building	The Heart of Coaching: <i>Using Transformational Coaching to Create a High-Performance Coaching Culture – March 29-30, 2012</i>	16	15
Total	5 Core Courses	64	
	Requires 2 electives for a total of 7 courses for completion	72-96	

CARBON AND ENERGY LEADERSHIP

Competency Module	Course	hours	page
Leading Environmental Action	Public Engagement and Communication: <i>Influencing Change for Sustainability – Dec 8</i>	8	49
	Accelerating Organizational Leadership in Climate Action – <i>ONLINE – Feb 13- Mar 2</i>	Various 3 weeks	45
Adaptation & Planning	Planning in Communities for the Low Carbon Economy – <i>April 13</i>	8	48
	Adaptation Strategies for Climate Change Impacts – <i>ONLINE – April 2-20</i>	Various 3 weeks	46
Energy & Efficiencies	Deep Clean: <i>In-Depth Energy Options for the Workplace and the Community – ONLINE – Nov 17</i>	8	46
	Greening Energy: <i>Efficiency Options in Residential Settings – April 23- May 11</i>	Various 3 weeks	48
The Low Carbon Economy	Developing or Buying Carbon Credits – <i>Feb 24</i>	8	47
	Carbon Economics and Carbon Markets – <i>ONLINE – Jan 23 – Feb 10</i>	Various 3 weeks	46
Forest Carbon	Forest Carbon Projects On the Ground – <i>March 30</i>	8	47
	Forest Carbon Dynamics 101 – <i>ONLINE – Nov 28 – Dec 16</i>	Various 3 weeks	47
Energy & Transportation	Plug-In Vehicles and Cycling: <i>Building Transportation Alternatives for Everyone – Nov 25</i>	8	48
	Routes to Sustainable Transportation and Energy – <i>ONLINE – Mar 5 - 23</i>	Various 3 weeks	49
Total	12 course options in 6 sector modules. You must complete 6 courses (from any modules) in order to receive the Carbon and Energy Leadership Certificate. Courses may be taken in either online or face to face format or a combination of both within a 2 year period.	F2F = 48 hrs Online = various	

Visit our website to learn about the Carbon and Energy Leadership Summer Institute 5 day residency at Royal Roads University June 18 -23, 2012.

ECOLOGICAL LITERACY

Competency	Course	hours	page
Human Interaction & Communication	The Work That Reconnects – <i>Oct 22-23</i> or The Way of Council I – <i>Nov 5-6</i>	16	45 or 37
Thinking Like A Planet	Ecopsychology: <i>Compassion the Size of a Planet – April 14-15</i>	8	42
Understanding Systems Theory	Seeing the Forest and the Trees: <i>A Practical Introduction to Systems Thinking – Feb 17</i>	8	44
Place Based Learning: <i>Beyond Stewardship</i>	Forest Carbon Projects On the Ground – <i>March 30</i>	8	47
Creativity & Art	Creative By Nature: <i>A Nature-Centred Approach to Artful Connection – May 26-27</i>	16	56
Design with the Earth in Mind	What If Sustainability Were Easy? <i>Reframing Life in The Human Hive – Dec 2</i> or Permaculture By Design: <i>How to Live Like We Plan On Staying – April 21</i>	8	44 or 43
Cosmology	The Ecological Crisis and a New Cosmology – <i>Feb 11</i>	8	42
Total	7 Core Courses	72	
	Requires 1 electives for a total of 8 courses for completion	80-90	

ACADEMIC PREPARATORY

ACCOUNTING PREPARATORY – ONLINE

(Oct) PAAP2422, (Mar) PAAP2423, (Jul) PAAP2424

This six-week online course introduces the learner to basic accounting processes and principles. Designed by the Faculty of Management at Royal Roads University, this non-credit course is a preparatory course for those people applying to our undergraduate programs without having completed a formal accounting course. It will also be of interest to those wanting to brush up on their general accounting skills.

Important note: To satisfy part of the entrance requirement to any degree program at Royal Roads University, you must receive a minimum of 75% in both the assignment and the final quiz. All students must achieve at least 50% overall to receive a certificate of completion.

Required Textbook: *Financial Accounting: Tools for Business Decision Making with WileyPLUS*, 4th Canadian Ed., by Kimmel, Weygandt, Kieso, and Trenholm. Published by Wiley. ISBN: 9780470160428.

Computer Requirements: Visit www.royalroads.ca/continuing-studies.

Facilitators: Since 1986, **Ellie Jansen**, BA, CA, has worked extensively on financial statement audits and financial management for the provincial government of B.C., monitoring budgets, developing financial policies and procedures, and reviewing financial systems and controls. Jansen is currently associate faculty in the Royal Roads University MBA program.

Rita Lord, BA, CA, worked with KPMG as an auditor and for Quaker Oats as a senior financial accounting supervisor; she is currently a divisional controller for Coast Capital Savings Credit Union. Her experience in diverse industries has allowed her to develop significant skills in coaching and training.

Length: Six weeks online

Date: October 17 – November 25, 2011 or March 5 – April 13, 2012 or July 9 – August 17, 2012

Times: asynchronous

Cost: \$425 (tax exempt)

Best to register by: Monday, October 3, 2011 or Monday, February 20, 2012 or Monday June 25, 2012

INTRODUCTION TO ACADEMIC WRITING AND CRITICAL THINKING – ONLINE

(Sep) PAAP2417, (Oct) PAAP2418, (Jan) PAAP2419, (Apr) PAAP2420, (Jul) PAAP2421

This course is designed to help learners continue to hone their writing, research and critical-thinking skills. This course will help develop a working understanding of the writing process, rhetorical principles of voice and purpose that guide what and how one writes, and the basics of assessing research and academic argument.

This course focuses on how to write clearly, concisely, and in an academic style. In addition, it will cover revising a text at various stages within the writing process. All assignments will be formatted and cited using APA or Chicago conventions (please call our office for more details). There will be on-going support for students with their writing assignments, including comments and guidance on their revisions and drafts. Learners will also work with team members to peer-review all assignments.

Topics:

- › Crafting persuasive academic arguments using research literature
- › Proper citation and paraphrasing
- › Ethical considerations in writing and research
- › Common writing weaknesses
- › Document-specific expectations
- › APA or Chicago Style formatting (depending on your program)

Required texts:

Booth, W. C., Colomb, G.G., & Williams, J. M. (2008). *The Craft of Research* (3rd ed). Chicago: University of Chicago.

Hacker, D., (2010). *A Canadian Writer's Reference* (4th ed). MPS

Required pre-course reading: We STRONGLY RECOMMEND that current learners read *The Craft of Research* before beginning this course.

Facilitators: **Alicia Wilkes** has taught and coached writing for the past 12 years in various academic and professional settings. She has also coached people through doctoral dissertations and other large academic research projects at Carnegie Mellon University, the University of Pittsburgh, and Royal Roads University. She holds a BA in French, an MA in Comparative Literature, and is working on her PhD in Rhetoric at Carnegie Mellon University.

Sarah McCagherty has been a teacher and tutor of languages and writing for the past 12 years in various settings; she is also an experienced editor and writer, with a BA in German with a Minor in Linguistics from UVic and an MA in Germanic Linguistics from the University of Wisconsin – Madison.



ELLIE JANSEN



Length: Eight weeks online

Date: October 31 – December 18, 2011, or January 9 – March 4, 2012
or April 2 – May 27, 2012 or July 3 – August 27, 2012

Times: asynchronous

Cost: \$575 (tax exempt)

Best to register by: Monday, October 17, 2011 or Monday, December 26, 2011 or Monday, March 19, 2012 or Monday, June 18, 2012

Contract Training: If you are interested in Continuing Studies delivering any course in this calendar to your organization, or designing an affordable program to fit your organization's specific learning needs, please call 250-391-2600 ext. 4801 or email us at: continuingstudies@royalroads.ca.

BUSINESS AND SKILL DEVELOPMENT

THE ART OF EMPATHY

PABS2506

FACT: The NUMBER ONE cause of communication breakdown is this: people don't feel heard. When this happens, tension builds and existing problems just get bigger. How we listen – and what we say next – determines the results of any conversation and is 100% dependent on our ability to communicate effectively. Learn about one of the most misunderstood and underdeveloped skills essential to successful communication: empathy. When put into practice, the result is increased trust, goodwill, and collegial respect, both at home and in the workplace.

Learning Outcomes:

- › Enhanced self-awareness
- › Translating "difficult" messages
- › Empathic empathetic listening
- › Conflict management and interpersonal communication
- › Leave with concrete tools to facilitate genuine understanding

Facilitator: Rachelle Lamb, speaker, author and president of Mindful Communication, offers highly stimulating and engaging training for leaders, managers, coaches, educators, HR specialists, and counsellors in both public and private sectors across Canada. www.RachelleLamb.com

Length: One day

Date: Friday, April 13, 2012

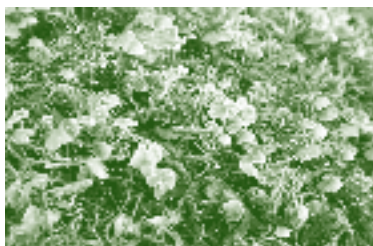
Times: 9 am – 5 pm

Cost: \$195 (tax exempt)

Best to register by: Friday, March 30, 2012



RITA LORD



www.royalroads.ca/continuing-studies

BASIC ACCOUNTING PREP SKILLS: Principles And Processes

(Oct) PABS2527, (Feb) PABS2528, (Apr) PABS2529

Designed as two half days plus 18 hours online, this course introduces the learner to basic accounting processes and principles; it was created as a preparatory course for those people applying for work within a finance or accounting office without having completed a formal accounting course. It will also be of interest to others wanting to brush up on their general accounting skills. Learners have an opportunity to complete this introductory course in a short period of time, while experiencing online learning at Royal Roads University.

Computer Requirements: A week prior to the course start date you will receive an email from us on how to access the online course and take a short orientation. http://computerservices.royalroads.ca/computer_equip_requirements

Facilitator: John Dowler is an accomplished senior public sector leader and financial management professional who recently retired from a successful 34-year career, primarily with the Government of BC. For the most recent 24 of those years, John has also taught (on a part-time basis) graduate and undergraduate courses for two universities, a college and the Society of Management Accountants of BC. John has been an associate faculty member of Royal Roads University for 11 years.

Length: Four - three hour sessions + 12 hours online

Dates: October 17, 24, 31 & Nov 7 + online until November 11, 2011
or February 1, 8, 15, & 22 + online until February 24, 2012
or April 13, 20, 27 & May 4 + online until April 27, 2012

Times: various

Cost: \$350 (tax exempt)

Best to register by: Monday, October 3, 2011 or Wednesday, January 18, 2012 or Wednesday, March 21, 2012

BUILDING A RESPECTFUL WORKPLACE

PABS2464 (Feb), PABS2465 (May)

As we develop an effective understanding of boundaries – professional, personal, individual, team, and bureaucratic (our own and those of others) – we will begin to follow a 10-step process to establish and recognize clear boundaries that will help us share what we have learned with our colleagues, friends and families.

Topics:

- › Communicating boundaries
- › Effective language
- › A pro-active approach, a respectful environment
- › Action versus reaction
- › The new workplace: generational gaps, gender gaps



JOHN DOWLER

Professional Advancement

- › Positive power: working together for results
- › Effective guidelines and employee policies and practices
- › Day-to-day application of increased awareness and understanding

Facilitator: Brenda Robinson has been working with organizations and governments for more than 20 years to increase levels of communication, personal effectiveness, humour, and relationship-building to grow an organization's capacity from the inside out. She has an intuitive approach for what is percolating at the heart of things as she focuses on skills that result in positive learning outcomes and authentic organizational engagement. She has vast experience as a keynote speaker, trainer, writer, and consultant working with lifelong learners. With a Master's degree in Education (Curriculum and Instruction) from SFU, Brenda specializes in creating relevant, meaningful and transformative learning opportunities.

Length: One day
 Date: Friday, February 10, 2012 or Thursday, May 3, 2012
 Times: 9 am – 5 pm
 Cost: \$225 (tax exempt)
 Best to Register By: Friday, January 27, 2012 or Thursday, April 19, 2012

COACHING FOR PERFORMANCE

(Nov) PABS2467, (Feb) PABS2468

Every supervisor is responsible for delivering results. The most effective way to get results is to provide the encouragement, support, guidance, and development each team member needs to produce the best work they can by coaching individuals to deliver optimum performance.

Topics:

- › The qualities of an exceptional coach
- › Coaching : toward a working definition
- › The Coaching Cycle – a model
- › Preparing for a coaching conference
- › Theories of motivation: satisfiers and dissatisfiers
- › The expectation principle
- › Core interpersonal communication skills in performance coaching
- › Coaching practice – simulations

Facilitator: Doug Kerr has provided training programs for public, private, and social profit organizations for more than 30 years. His specialties include: group facilitation, appreciative inquiry, instructional skills, supervisory, management, and executive development, commercial negotiation skills, and instructional program design. Doug also facilitates leadership and project management courses delivered online and via video-conferencing.



BRENDA ROBINSON



Royal Roads University Continuing Studies 2011-12

Length: One day
 Date: Thursday, November 17, 2011 or Wednesday, February 22, 2012
 Times: 9 am – 5 pm
 Cost: \$225 (tax exempt)
 Best to register by: Thursday, November 3, 2011
 or Wednesday, February 8, 2012

Hire your own coach! Receive first hand coaching experience with one-on-one professional coaching ... additional fees apply. See page 16 for more information.

COACHING OUT OF THE BOX

PABS2435

Imagine if EVERYONE incorporated essential coaching skills into their professional and personal lives. How would that change and enhance the way people work and interact with each other? This two-day workshop is designed for anyone who has an interest in cultivating and applying the "Art of Coaching" to their personal and professional lives.

Topics:

- › The benefits of coaching
- › 5/5/5 Framework Coaching Out of the Box® Model
- › Peer coaching, skills practice and peer /observer feedback
- › Call to personal action

Facilitator: Jeanie Paterson, MA, of Full Spectrum Coaching & Consulting Services is deeply committed to helping others make empowering professional/personal choices that support their capacity to thrive. She is a professional coach, consultant, and educator, working in collaborative partnership with diverse groups to foster shared vision, leadership development, team building, staff engagement/ retention, and workplace coaching/ mentoring. Jeanie is an accredited facilitator of Appreciative Inquiry & Personality Dimensions, and a licensed Coaching Out of the Box® facilitator. www.full-spectrum.ca

Length: Two days
 Date: Thursday & Friday, November 3 & 4, 2011
 Times: 9 am – 5 pm
 Cost: \$495 (tax exempt)
 Best to register by: Thursday, October 20, 2011

THE COURAGE TO CHANGE: Learning To Engage Fully In A World Of Unknowns

PABS2505

Do you secretly long to get more out of life? In this workshop, we will explore ways in which you can assign more weight to your needs for



JEANIE PATERSON



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growth while maintaining safety and security. Design a personalized 30-day plan to lay the groundwork for fully inhabiting your authentic life. Get reacquainted with three important sources of human strength and vitality: values, courage, and passion.

Topics:

- › Personal growth and positive psychology
- › Addressing fear and risk taking
- › The creative process: a personalized plan

Facilitator: Rachelle Lamb. See bio on page 9.

Length: One day

Date: Friday, February 17, 2012

Times: 9 am – 5 pm

Cost: \$195 (tax exempt)

Best to register by: Friday, February 3, 2012

DEALING WITH DIFFICULT PEOPLE

(Nov) PABS2442, (Dec) PABS2443, (Mar 2) PABS2444, (Mar 9) PABS2445, (May 4) PABS2446, (May 18) PABS2447

So much unproductive time results from having to deal with the issues and emotions surrounding unresolved conflicts and disputes. Seeking effective resolution is critical to establishing a positive, constructive, results-oriented work environment. Learn skills to work through inner politics and misunderstandings that often lead to conflict, arguments, and disputes.

Topics:

- › Fight or flight responses
- › Conflict, stress management and positive coping skills
- › Conflict and time management
- › Conflict and communication

Facilitator: Brenda Robinson. See bio on page 10.

Length: One day

Date: Thursday, November 24, 2011 or Friday, December 2, 2011

or Friday, March 2, 2012, or Friday, March 9, 2012

or Friday, May 4, 2012 or May 18, 2012

Times: 9 am – 5 pm

Cost: \$225 (tax exempt)

Best to register by: Thursday, November 10, 2011 or Friday, November 18, 2011, or Friday, February 17, 2012 or Friday, February 24, 2012 or Friday, April 20, 2012 or Friday, May 4, 2012

DEVELOPING AND UNDERSTANDING OF PROTOCOLS IN RESPECT OF FIRST NATIONS WAYS

PABS2466

This half-day professional development workshop will introduce individuals, representatives of government, NGOs and business to traditional Coast Salish social and governance protocols. This introduction offers practical knowledge to help foster more respectful working relationships with local First Nations communities, groups, and individuals.

Topics:

- › Making connections with First Nations communities
- › Knowing where and how to initiate dialogue
- › Develop trust and a common approach toward the future
- › Doing business: protocols and customs
- › Special events: how and when to respectfully engage

Facilitator: Charlene George, kQwat'st'not, is an educator and textile artist from T'Sou-ke, a community that bridges the Coast Salish and Nuu-Cha-Nulth territories. As the designate responsible for bringing awareness of protocols between peoples, Charlene acts as a bridge to understanding. As a child, she was lucky to spend time with Grandparents, steeping herself in the teachings of culture, history and stories.

Length: 3.5 hours (half day)

Date: Friday, February 24, 2012

Times: 1 pm – 4:30 pm

Cost: \$85 (tax exempt)

Best to register by: Friday, February 10, 2012

DEVELOPING HIGH-PERFORMANCE TEAMS

(Oct 11) PABS2455, (Oct 12) PABS2456, (Jan 30) PABS2457, (Jan 31)

PABS2458, (Apr 2) PABS2459, (Apr 3) PABS2460

We've entered an era of "do more with less", so expectations and demands are greater than ever. There is no longer room for people to just do their jobs. We need to support each other; we need to pull together as a team to get the work done. The resiliency and strength of our teams will revolve around the collective's ability to reach consensus, make sound decisions, and foster the required communication skills to work as one.

Topics:

- › Characteristics and leadership skills for high performance
- › Challenge versus chore – a work attitude
- › Entrepreneurial behaviour leading to high performance
- › Increasing output, creativity, quality and overall performance

Facilitator: Brenda Robinson. See bio on page 10.



CHARLENE GEORGE



DOUG KERR

Length: One day

Date: Tuesday, October 11, 2011 or Wednesday, October 12, 2011
or Monday, January 30, 2012 or Tuesday, January 31, 2012
or Monday, April 2, 2012 or Tuesday, April 3, 2012

Times: 9 am – 5 pm

Cost: \$250 (tax exempt)

Best to register by: Tuesday, September 27, 2011 or Wednesday,
September 28, 2011 or Monday, January 16, 2012 or Tuesday,
January 17, 2012 or Monday, March 19, 2012 or Tuesday, March
20, 2012

The School of Leadership Studies offers one of the most dynamic leadership programs in North America; a program committed to transforming leaders for 21st century challenges and responsible practice. We attract learners who care deeply about the meaning, context, and integration of the theory and practice of leadership in society and the workplace. The School offers an MA Leadership and an MA Leadership with a specialization in Health. www.royalroads.ca

EMOTIONAL INTELLIGENCE LEVEL I

(Dec) PABS2502, (Feb) PABS2503

As both the pace of change and the number of professional demands increase in our work lives, our ability to handle our emotional states becomes more important. Emotional intelligence (EI) has been linked to leadership and managerial success in the workplace. This introductory course will give you a sense of how well you are currently functioning and how you can harness EI skills to obtain your professional goals.

Note: Included in the fee is a complete EI profile of yourself (the Bar-On EQ-i), which will provide you with a “snapshot” of your current level of emotional functioning.

Topics:

- › What is EI and why it is important for success?
- › Evaluate your own EI with the Bar-On EQ-i
- › Develop emotional self-awareness and self-management skills
- › Understand the emotions and behaviours of others
- › Use EI skills to manage stress and conflict

Suggested Textbook: (not required) *The EQ Edge: Emotional Intelligence and Your Success*, by Steven Stein & Howard Book, Multi-Health Systems (MHS) Inc., 1st or 2nd ed.

Facilitator: Paul Mohapel, Ph.D. (Psychology) frequently designs courses and lectures for psychology and business programs at various universities. He is associate faculty in Royal Roads University's Leadership



Royal Roads University Continuing Studies 2011-12

program, a certified facilitator and coach in Emotional Intelligence and Insights Personality Assessment. He uses his expertise in psychology, neuroscience and leadership to help organizations and leaders function more effectively.

Length: One day

Date: Thursday, December 1, 2011 or Friday, February 10, 2012

Times: 9 am – 5 pm

Cost: \$245 (tax exempt)

Best to register by: Thursday, November 17, 2011
or Friday, January 27, 2012

EMOTIONAL INTELLIGENCE LEVEL II

PABS2504

This course builds on Emotional Intelligence – Level I, and focuses on deepening the application of EI skills in our professional lives. There will be a strong emphasis on how to use EI to improve your relationships with others; the course will also emphasize building awareness of how we have an impact on and influence others. We will examine how EI can be used to enhance leadership and management capacity.

Note: It is expected that participants have completed Emotional Intelligence – Level I where a personal Bar-On EQ-i profile will have been done.

Topics:

- › Enhance personal insight by delving deeper into your profile
- › Examine your own emotional trigger points with others
- › Learn how to better read and positively motivate others
- › Use EI to build your social and professional networks
- › Explore different emotional leadership styles
- › Deal more effectively with conflict

Facilitator: Paul Mohapel. See bio on this page.

Length: One day

Date: Friday, March 23, 2012

Times: 9 am – 5 pm

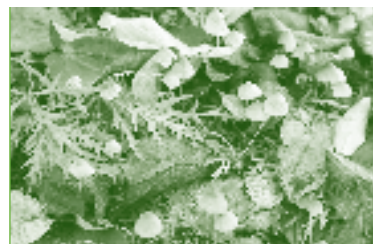
Cost: \$175 (tax exempt)

Best to register by: Friday, March 9, 2012

ENERGY MANAGEMENT

PABS2487

Downsizing and re-engineering often result in longer hours and increased workloads in order to achieve greater efficiencies. Too often, when the demands of work and life seem insurmountable, we turn to unsustainable and barrier-focused solutions. When stress mounts, we tend to simply “work harder”. Without investing in a process of replenishing and renew-



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ing individual resources, our personal gas tank reaches empty and we find ourselves running on fumes, damaging our engine permanently.

This course will illustrate the costs associated with work/life imbalance. It will tackle the challenge of changing ingrained coping styles and behaviours to generate more self-sustaining strategies using the power of focus, adopting the art and science of penetrating barriers as well as unlocking more creative and sustainable strategies for achieving optimal energy in work and life. After all, work is life too!

Topics:

- › Challenge the boundaries of traditional workplaces and inspire in the process
- › Optimize time and resources – be energized by challenges
- › Develop integrated plans of action with purpose and direction
- › Foster a trusting and collaborative culture, attracting the best
- › Emerge with concrete tools, strategies and plans

Facilitator: Jennifer Walinga, Ph.D., is the Director School of Communication and Culture at Royal Roads University, and a consultant with Integrated Focus Consulting. A Commonwealth, World and Olympic Champion rower, Walinga draws upon her experience as an elite athlete when facilitating personal and organizational performance. Her areas of teaching and research include organizational communication, strategic planning, and decision-making grounded in theories of optimal performance, creative insight, and leadership. www.integratedfocus.ca

Length: One day

Date: Thursday, February 16, 2012

Times: 9 am – 5 pm

Cost: \$195 (tax exempt)

Best to register by: Thursday, February 2, 2012

ESSENTIAL SKILLS SERIES I: Understanding Program Evaluation/ Building An Evaluation Framework

(Jan) PABS2508, (Jun) PABS2511

This workshop has been designed by the Canadian Evaluation Society to enhance program evaluation skills and promote the professional practice of evaluation across Canada. It represents the first part of the Essential Skills Series. There will be opportunities for group exercises and plenty of discussion during the workshops. Participant workbooks provided. For a full listing of course topics, please visit our website.

Facilitator: Dr. Wendy Rowe is faculty in the School of Leadership Studies, Royal Roads University and President of the B.C. Chapter of the Canadian Evaluation Society. She has worked in program evaluation in both Canada and the U.S. for more than 25 years, using quasi-experimental

models of evaluation in addition to models of collaboration and empowerment evaluation. Rowe holds a BA and MA in Psychology, an MBA and a PhD in Organizational and Human Systems and has published several articles on organizational evaluation. Rowe will be co-teaching with other members of the Canadian Evaluation Society.

Length: Two days

Date: Tuesday & Wednesday, January 24 & 25, 2012
or Thursday & Friday, June 7 & 8, 2012

Times: 9 am – 5 pm

Cost: \$495 (tax exempt)

Best to register by: Tuesday, January 10, 2012 or Thursday, May 24, 2012

ESSENTIAL SKILLS SERIES II: Improving Program Performance/ Evaluating For Results

(Jan) PABS2509, (Jun) PABS2512

This workshop has been designed by the Canadian Evaluation Society to enhance program evaluation skills and promote the professional practice of evaluation across Canada. It represents the second part of the Essential Skills Series. There will be opportunities for group exercises and plenty of discussion during the workshops. Participant workbooks will be provided for each session. For a full listing of course topics, please visit our website.

Facilitators: Wendy Rowe et al. See bio on this page.

Length: Two days

Date: Thursday & Friday, January 26 & 27, 2012
or Thursday & Friday, June 21 & 22, 2012

Times: 9 am – 5 pm

Cost: \$495 (tax exempt)

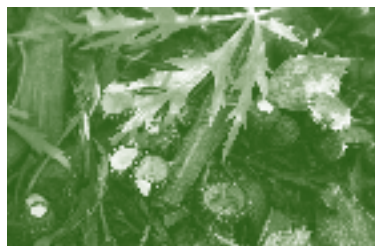
Best to register by: Thursday, January 12, 2012 or Thursday, June 7, 2012

ESSENTIAL SKILLS SERIES III: Program Evaluation

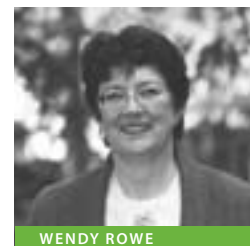
(Jan) PABS2510, (Jun) PABS2513

The Essential Skills Series III consists of four inclusive days of foundational workshops (Essential Skills I & II combined). Designed by the Canadian Evaluation Society to enhance program evaluation skills and promote the professional practice of evaluation across Canada, there will be opportunities for group exercises and discussion during the workshops. Participant workbooks will be provided.

Note: By completing the entire series, you automatically receive an annual membership in the Society. For a full listing of course topics please visit our website.



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WENDY ROWE

Professional Advancement

Facilitators: Wendy Rowe et al. See bio on page 13.

Length: Four days

Date: Tuesday – Friday, January 24 – 27, 2012 or Thursday, & Friday, June 7 – 8, & 21 – 22, 2012

Times: 9 am – 5 pm

Cost: \$885 (tax exempt)

Best to register by: Tuesday, January 10, 2012 or Thursday, May 24, 2012

FIGHT, FLIGHT OR CONNECT: Tapping Into Social Intelligence

PABS2526

Do you run away, put up your dukes, or shake hands? Just as we need emotional intelligence to understand ourselves, we need social intelligence to work with and lead others: social intelligence is a key determinant of personal and organizational success. More importantly, it's an essential attribute in the new "knowledge-relationship economy." To maximize opportunities and success in this changeable era, collaboration, communication and creativity are essential.

Topics:

- › What is social intelligence and how does it exert influence?
- › Scientific discoveries about brain-based communication
- › Evaluating your social intelligence and choices
- › Empathy, attunement, resonance, and synchronicity
- › Epigenetics, resiliency, and neuro-economics in the workplace
- › Develop an action plan for rewiring your neural circuitry

Facilitator: Judy Carter is an education, business communications, and media relations consultant with diverse experience. She teaches communication, team building, conflict management, consensus building, critical and integrative thinking, and sustainability at Royal Roads University and as an associate faculty member for UVic, SFU, Camosun College, Douglas College, and the United Nations Virtual Development Academy.

Length: One day

Date: Saturday, February 18, 2012

Times: 9 am – 5 pm

Cost: \$145 (tax exempt)

Best to register by: Saturday, February 4, 2012

FOSTERING CHANGE: Looking Inward, Looking Outward

PABS2483

We don't actually manage change per se. At best, we manage to manage ourselves along with a few of the variables that swirl around us. However, we can facilitate change - we can influence its speed, direction, and impact through our thoughts and our thoughtful actions. This course has been designed specifically for leaders in organizations to help them lead effec-

tively when fundamental change is occurring. It will also provide a few core models and some practical skills for working effectively in the midst of ongoing, accelerating flux and change.

Topics:

- › Looking inward – managing personal transitions
- › Incremental change vs fundamental change
- › Mapping change
- › Models of the transition process and managing resistance
- › Supporting and guiding team members during transition
- › Looking outward – managing organizational changes
- › Planning and managing fundamental change
- › Using "force field analysis" to map change processes
- › Developing resiliency, vision, and planning in small, simple steps

Facilitator: Doug Kerr. See bio on page 10.

Length: One day

Date: Thursday, February 2, 2012

Times: 9 am – 5 pm

Cost: \$195 (tax exempt)

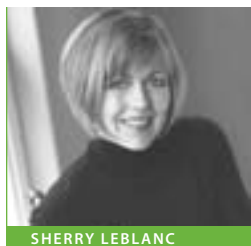
Best to register by: Thursday, January 19, 2012

Advancing the practice of management in a fast-paced, global world underpins every aspect of RRU's School of Business. We prepare you to advance your career with the knowledge and skills required of tomorrow's managers. Our Master's of Business Administration offers leading-edge learning with classmates who have years of experience. Our Bachelor of Commerce prepares the next generation of business leaders. www.royalroads.ca

A FRESH PERSPECTIVE ON HUMAN POTENTIAL: Roles, Goals And Vision

PABS2523

Sustainable, healthy organizations, and the human resource management systems that support them, depend upon how we construct and communicate the language of work, whether it's in job descriptions, goal setting, performance management, strategic visioning or simple day-to-day communication. All too often, miscommunication and misunderstanding prevail because individuals perceive and respond to confusing – and often conflicting – language describing work. In this course, we will explore and practice a new approach to the language of work, an approach rooted in observable, measurable behaviours and shared meaning.



SHERRY LEBLANC



JUDY CARTER

Topics:

- › Re-writing work – job descriptions, goals, and mission statements
- › Competency profiling
- › Essential conversations – co-create meaningful and useful language with key stakeholders and subject matter experts
- › Language and the performance advantage – clarifying job expectations to develop poor performers and motivate and retain high performers
- › Improve everyday communication up, down and across the organization

Facilitator: Patricia Galaczy, BA, MIR, is a leadership educator with a lifelong commitment to understanding and developing human potential and the capacity to respond skillfully in complex times. Patricia helps individuals and groups explore how self-awareness, dialogue, and strategy can best create meaningful new realities guiding individuals and organizations toward wise and sustainable engagement and action.

Length: One day

Date: Tuesday, February 7, 2012

Times: 9 am – 5 pm

Cost: \$225 (tax exempt)

Best to register by: Tuesday, January 24, 2012

THE HEART OF COACHING: Using Transformational Coaching To Create A High-Performance Coaching Culture

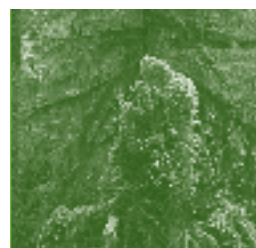
PABS2507

In this two day workshop we will explore concepts, tools and processes to help build a mind-set for coaching as it relates to and supports applied leadership by integrating a coaching style of communication to create a highly functioning organization. Meant for high-level organizational development, this course serves to create top performance where engagement flourishes for individuals and teams. Highly interactive and experiential learning... with lots of practice!

Topics:

- › Organizational leadership models related to coaching
- › Business case for coaching, coaching for accountability
- › Feedback and coaching distinctions
- › A transformational coaching model
- › Generating effective feedback – reflective empathic listening
- › Coaching problem solving – quick, lateral and upward coaching
- › Team coaching and telephone coaching

Recommended Reading: *The Heart of Coaching*, Third Edition plus course binders.



PATRICIA GALACZY

www.royalroads.ca/continuing-studies

Facilitator: Sherry LeBlanc, MCC, CEC, is dedicated to supporting leaders in their pursuit of professional and personal success. Her philosophy – “inspire, strategize, achieve” – helps challenge clients to look fearlessly within themselves for answers, and use their findings to develop concrete, achievable action plans. Sherry’s 15 years of experience in leadership roles is complemented by a Graduate Certificate in Executive Coaching from Royal Roads University and a Master Certified Coach designation from the International Coach Federation.

Length: Two days

Date: Thursday & Friday, March 29 & 30, 2012

Times: 9 am – 5 pm

Cost: \$495 (tax exempt)

Best to register by: Thursday, March 15, 2012

THE HEART OF COLLABORATION: An Arts-Based Approach To Teamwork

(Jan) PABS2488, (May) PABS2489

How can leaders and managers avoid the costly traps of collaboration and, instead, start getting the results they need? In today’s competitive environment, collaboration is crucial for successful strategy execution, especially when projects are too complex for one team or one organization to handle. Yet many collaborations end up wasting time, energy and resources with endless meetings and little being accomplished in a timely way. What is at the heart of collaboration, and what can we learn from the successes of great groups such as the famed Lockheed Martin Skunk Works?

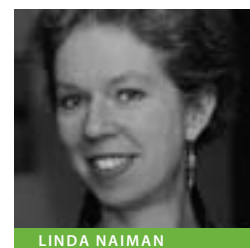
Topics:

- › Assess your collaboration IQ: A self-evaluation tool
- › Collaboration frameworks – powerful ways to build consensus
- › Influencing people and producing desired results
- › Identify and overcome barriers to collaboration
- › Be a “T-Shaped Manager”
- › Case studies for co-creating
- › Let music, art, improv, storytelling and the arts improve teamwork

Facilitator: Linda Naiman is the founder of CreativityatWork.com, and is recognized globally for pioneering arts-based learning as a catalyst for developing skills in creativity, innovation, and collaborative leadership in organizations. She helps accelerate business performance through training, coaching and consulting. Linda is co-author of *Orchestrating Collaboration at Work*, and has been featured in the *Globe and Mail*, *Vancouver Sun*, and *Canadian Business Magazine*.

Length: One day

Date: Monday, January 30, 2012 or Friday, May 11, 2012



LINDA NAIMAN

Professional Advancement

Times: 9 am – 5 pm

Cost: \$235 (tax exempt)

Best to register by: Monday, January 16, 2012 or Friday, April 27, 2012

HIRE A COACH

(Three sessions) PABS2433, (Six sessions) PABS2434

Experience the merits of having a personal coach! This is an exceptional first-hand opportunity to come to a fuller understanding of the principles, the process, and the benefits of coaching. Contrary to what one may initially think, the most powerful solutions and strategies emerge not from the coach, but from the person being coached – the coachee. Experience a confidential, non-judgmental sounding board, a person who will listen, observe and ask insightful questions.

Is coaching for YOU?

- › Are you open to new ways of thinking and behaving?
- › Are you willing to be a catalyst for change?
- › Do you need support moving toward the next level in career satisfaction?
- › Are you at a crossroads of change and uncertainty?

If you answered “Yes” to any one of these questions, then it might be the perfect time to hire a coach!

Facilitator: Sherry LeBlanc. See bio on page 15.

Length: Three 1/2 hour sessions or six 1/2 hour sessions
(either face-to-face or by phone)

Dates & times: to be arranged individually

Cost: Three sessions \$295 + applicable taxes, six sessions \$450 + applicable taxes

Register at any time.

The Office of Interdisciplinary Studies offers two innovative social sciences degrees. The MA in Interdisciplinary Studies allows students to design a program around a research or career interest by drawing from various Royal Roads graduate program offerings. The Doctor of Social Sciences responds to the growing demand for scholar-practitioners to provide intellectual leadership in the workplace and to work toward sustainability in an age of global interdependence. www.royalroads.ca

HIRE POWER: Hiring And Keeping The Very Best

PABS2524

Having the power to hire means you are the organization's “gate-keeper” – YOU get to decide who will join your work team. The power to hire is

one of the most important responsibilities you can exercise within your organization. This workshop has been designed to provide managers with the knowledge and skills they need to attract good people, make sound selection decisions – and to choose the best person available for the job.

Topics:

- › The manager's role in the hiring process
- › The phases of the hiring process
- › Common assessment techniques and their applicability
- › Attract the candidates you want
- › Screening applications and establishing a short-list
- › Checking references and credentials
- › Planning the interview – preparing behavioural questions
- › Core interviewing skills
- › Rating candidates and decision-making
- › Making the offer

Facilitators: Doug Kerr and **Patricia Galaczy.** See bios on pages 10 and 15

Length: Two days

Date: Tuesday & Wednesday, November 29 & 30, 2011

Times: 9 am – 5 pm

Cost: \$395 (tax exempt)

Best to Register By: Tuesday, November 15, 2011

A LAUGHING MATTER: Humour And Workplace Wellness

PABS2485

Levity is natural in children and can be something we have forgotten as busy adults living serious lives. Typically, in western culture, we relegate laughter to the fringes of our days and often consider it optional or non-essential at home and at work. Research shows that mirthful laughter increases activity in the immune system, increases oxygen flow to the brain and the body, helps prevent disease, alleviates stress, and increases a sense of well-being. And the best part? You don't even need a sense of humour!

Topics:

- › Laughter Yoga™ – retraining your body to laugh
- › Research of Cousins, Berk, Adams, Kataria and others
- › Understanding grief and joy as intimates, not opposites
- › Biofeedback, shifting patterns, and awareness
- › The Holy Fool archetype
- › Fewer sick days, more productivity... and overall fun!

Facilitator: Hilary Leighton, M.Ed., was reportedly born laughing (her name comes from the Latin word *hilarius*, meaning joyful). A tireless advocate for wellness and resiliency, she loves a good belly laugh! Hilary can be



found leading the Continuing Studies department at Royal Roads University, where she derives the most satisfaction from the generosity of teaching and encouraging others. She received her Laughter Yoga Practitioner training from Dr. Kataria in 2009.

Length: Four hours (half day)

Date: Friday, March 30, 2012

Times: 9 am – 1 pm

Cost: \$95 (tax exempt)

Best to register by: Friday, March 16, 2012

NEGOTIATING GOOD AGREEMENTS

PABS2518

This is a short, intensive, one-day introduction to negotiation in a work environment. It is equally valuable for people who negotiate externally (sales people, purchasers, and those who negotiate partnering agreements on behalf their institutions) and for people who negotiate internally (between departments, with internal service providers, and with their managers).

Topics:

- › Seven phases of The P.R.E.P.A.R.E to Negotiate™ Model
- › Identify your own interests – and those of the other party
- › Create items of value and combine them into value-added deal packages
- › Propose a deal that works for each party
- › Appropriately time the agreement to the deal
- › Recognize and avoid the most common traps negotiators encounter

Facilitator: Doug Kerr. See bio on page 10.

Length: Two days

Date: Monday & Tuesday, February 13 & 14, 2012

Times: 9 am – 5 pm

Cost: \$350 (tax exempt)

Best to register by: Monday January 30, 2012

NLP TRANSFORMATIONAL GROWTH

PABS2501

Have you ever had a job to do, but just couldn't get motivated? Or felt stuck and couldn't find a way out? Would you like to eliminate unconstructive behaviours and habits and increase flexibility and choice in how you feel, think, act and interact? Neuro Linguistic Programming (NLP) is a relatively new science of human behaviour that is proving very effective and increasingly popular. It is about change at the deep unconscious level, which has a quantum effect on our entire being for personal transformation.

Topics:

- › How to change belief systems and identity
- › Transform old fears to personal power
- › Create greater congruence in relationships
- › Quickly change negative perceptions and feelings to the positive
- › Change compulsions quickly
- › Create a powerful self image

Facilitator: Monika Nygaard, MA, has a successful private practice, trains NLP Practitioners and Master Practitioners, teaches Time Line Therapy®, Hypnotherapy, and Advanced NLP Counselling Skills. She is the author of Complementary Therapies and Mental Health and has written more than 30 articles on the unconscious mind and personal development. Monika's training sessions are experiential, informative, transformational, supportive – and fun!

Length: One day

Date: Wednesday, April 18, 2012

Times: 9 am – 5 pm

Cost: \$225 + applicable taxes

Best to Register By: Wednesday, April 4, 2012

ON-THE-JOB ORIENTATION

(Oct 20) PABS2477, (Oct 21) PABS2478, (Feb 8) PABS2479, (Feb 9)

PABS2480, (Apr 19) PABS2481, (Apr 20) PABS2482

"Start as you mean to go on." Front-line supervisors aren't always directly involved in hiring decisions, however, once that hiring decision has been made, they can really help their own interests and the organization's by getting new recruits off to a good start. This doesn't require special authorities or resources, just effort and imagination. The payoff is a happy, productive worker who wants to stay and contribute.

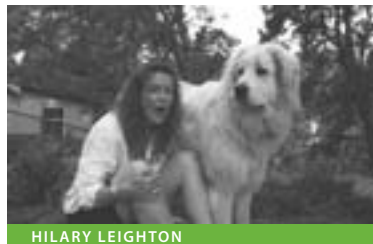
Topics:

- › Planning the orientation
- › Selecting and coaching
- › The first day on the job – and then continuing from Week #1 to Month #6
- › Goal-setting and performance
- › Developing a self-managing team member
- › Making the critical decision: Is this "for keeps?"

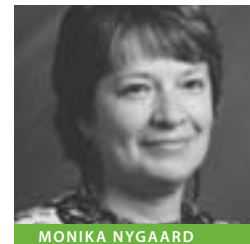
Facilitator: Doug Kerr. See bio on page 10.

Length: One day

Date: Thursday, October 20, or Friday, October 21, 2011 or Wednesday, February 8 or Thursday February 9, 2012 or Thursday, April 19 or Friday, April 20, 2012



HILARY LEIGHTON



MONIKA NYGAARD

Times: 9 am – 5 pm

Cost: \$195 (tax exempt)

Best to register by: Thursday, October 6, 2011 or Friday, October 7, 2011 or Thursday, January 26 or Friday January 27, 2012, or Thursday, April 5 or Friday, April 6, 2012

PLAN THE WORK, WORK THE PLAN

(Oct 31) PABS2469, (Nov 3) PABS2470, (Feb 20) PABS2471, (Feb 23) PABS2472, (Apr 23) PABS2473, (Apr 30) PABS2474

Establish key priorities. Write them into your work plan. Stay focused on accomplishing them. It's that simple. A work team that is consistently focused on accomplishing its key priorities and key performance indicators is likely to be highly effective. And so, of course, is the supervisor or manager of that work team.

Topics:

- › Assessing the implications of strategic goals
- › Aligning work team goals with those goals; determine priorities
- › Preparing a work plan – a modified Gantt chart
- › Developing individual goals/performance plans
- › Delegating authority to be commensurate with responsibilities

Facilitator: Doug Kerr. See bio on page 10.

Length: Two days

Date: Monday & Tuesday, October 31 – November 1, 2011 or Thursday Friday, November 3 – 4, 2011 or Monday & Tuesday, February 20-21, 2012 or Thursday & Friday, February 23-24, 2012 or Monday & Tuesday, April 23-24, 2012 or Monday & Tuesday, April 30 – May 1, 2012

Times: 9 am – 5 pm

Cost: \$295 (tax exempt)

Best to register by: Monday, October 17, 2011 or Thursday, October 20, 2011 or Monday, February 6, 2012 or Thursday, February 9, 2012 or Tuesday, April 10, 2012 or Monday, April 16, 2012

POSITIVE STRATEGIES FOR A HEALTHY WORKPLACE

(Nov 14) PABS2436, (Nov 15) PABS2437, (Mar 5) PABS2438, (Mar 6) PABS2439, (Apr 10) PABS2440, (Apr 11) PABS2441

Workplace wellness is a win-win proposition – a strategic approach to facilitate motivation, morale and overall sense of wellbeing. Learn the top 10 strategies for developing a healthy workplace. Look at styles and methods that work to produce upbeat, progressive, learning-directed workplaces aimed at getting excellent results from excellent people. Review new perspectives about work and working.

Facilitator: Brenda Robinson. See bio on page 10.



Royal Roads University Continuing Studies 2011-12

Length: One day

Date: Monday, November 14 or Tuesday, November 15, 2011 or Monday, March 5, or Tuesday, March 6, 2012 or Tuesday, April 10 or Wednesday, April 11, 2012

Times: 9 am – 5 pm

Cost: \$225 (tax exempt)

Best to register by: Monday, October 31, or Tuesday, November 1, 2011 or Monday, February 20 or Tuesday, February 21, 2012 or Tuesday, March 27 or Wednesday, March 28, 2012

THE POWER OF INNOVATION: Getting Everyone Out Of The Box

PABS2486

Romantic experiences, rag-to-riches stories, and even chance can often lead to business innovations and scientific discoveries... But the thought process leading to business insight and scientific discovery is a way of thinking that can also be learned and practiced. If you have always understood that optimal performance demands creativity, innovation, and insight, then this course is for you. Learn to access and maximize the creative skills, tools, and energy you have to generate productive and sustainable solutions.

Learning Outcomes:

- › The field of creative problem-solving (and insight problem-solving)
- › Improve your ability to solve problems in a more creative way
- › Exercise your research and analytical skills on a realistic issue
- › Build and develop your "creative" toolbox

Facilitator: Jennifer Walinga. See bio on page 13.

Length: One day

Date: Monday, November 21, 2011

Times: 9 am – 5 pm

Cost: \$195 (tax exempt)

Best to register by: Monday, November 7, 2011

PROGRAM SUSTAINABILITY: Planning For Longevity

PABS2514

We've all heard the story: an innovative program was successful but had to stop because major (or seed) funding was discontinued. New research in the area of program sustainability has shown there are concrete steps you can take to increase the longevity of your programs. Learn through interactive and hands-on activities what factors can increase the sustainability odds of your program and how to develop a formal sustainability plan.

Topics:

- › Definition of sustainability
- › Characteristics of sustained versus inactive programs



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- › Factors promoting sustainability odds
- › Sustainability planning tools and program longevity
- › Address the funder's concerns in grant applications
- › Program champions

Facilitator: Kylie Hutchinson is a Credentialed Evaluator and principal of Community Solutions Planning & Evaluation, with more than 20 years experience assisting community groups to operate more effectively and efficiently when it comes to program evaluation, strategic planning, collaboration, and organizational sustainability planning. She is also an instructor with the Justice Institute of B.C.'s Centre for Leadership.

Length: One day

Date: Wednesday, November 23, 2011

Times: 9 am – 5 pm

Cost: \$195 + applicable taxes

Best to register by: Wednesday, November 9, 2011

PROJECT MANAGEMENT FOR BEGINNERS – ONLINE

(Oct) PABS2475, (Mar) PABS2476

This three-week online course provides experience in each of the key phases of project management mapping out the original idea, planning, leading, and closing a project. This is a practical, hands-on course. Learners are encouraged to enroll as project teams, and to work on a current or anticipated project throughout the course.

Learning Outcomes:

- › Successfully plan, manage and lead a project
- › Develop a project plan, an estimate, a schedule, and budget
- › Develop project control mechanisms to stay on track
- › Prepare to recruit and lead the members of the team
- › Demonstrate leadership qualities for high-performance
- › Communicate effectively both internally and externally
- › Effectively lead a culturally diverse, multi-generational team

Computer Requirements: Prior to the course, you will receive information on how to access the course and complete an orientation.

Facilitator: Darryl Karleen, PMP is a project manager and business analyst working at Royal Roads University for more than 12 years. He has managed a variety of successful small, medium and large IT projects and is always learning how to improve.

Length: Three weeks online

Date: October 17 – November 4, 2011 or March 19 – April 6, 2012

Times: asynchronous

Cost: \$495 (tax exempt)

Best to register by: Monday, October 3, 2011 or Monday, March 5, 2012

PROJECT MANAGEMENT BOOT CAMP

(Nov) PABS2495, (Mar) PABS2497, (May) PABS2499

A three-day workshop on project management fundamentals for project leaders. This course is aligned with the Project Management Institute's (PMI) Body of Knowledge, yet leverages practical experience that will provide insightful tips and techniques for people in project management roles. Participants will gain the necessary educational requirements for the PMI's Certified Associate in Project Management (CAPM)[®] professional designation. Once the workshop is completed, you can challenge the PMI CAPM exam to earn this designation. The third day of this "Boot camp" focuses on "Situational Leadership" to assist project managers apply a proven leadership model that will help them determine the types of behaviours required to achieve maximum success and effectiveness with others.

Topics:

- › How to design projects for sustainable success
- › How to manage limited resources
- › Project leadership and team management techniques
- › Work plan and budget development methods
- › Stakeholder relationship management approaches
- › Project risk management tools and techniques
- › Develop basic skills to match leadership styles to the needs of others
- › How situational leadership increases personal and professional effectiveness

Facilitator: Will Fong is a Senior Consulting Manager with Meyers Norris Penny LLP, and the subject-matter expert for their PM training programs. He has more than 10 years experience in PM, business process improvement, as well as stakeholder engagement and strategy. Will offers an interactive, hands-on approach that encourages an active application of the tools and techniques based on real-world examples of what works well.

Length: Three 3 days

Date: Wednesday, Thursday & Friday, November 16, 17 & 18, 2011
or Wednesday, Thursday & Friday, March 6, 7 & 8, 2012 or Tuesday, Wednesday & Thursday May 15, 16 & 17, 2012

Times: 8 am – 5 pm

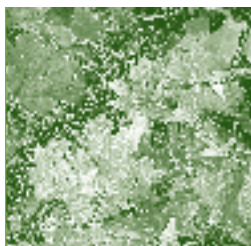
Cost: \$995 (tax exempt)

Best to register by: Wednesday, November 2, 2011 or Wednesday, February 21, 2012, or Tuesday, May 1, 2012

PROJECT MANAGEMENT ESSENTIALS

(Nov) PABS2494, (Mar) PABS2496, (May) PABS2498

Project Management (PM) is one of the most powerful, least understood and most under-utilized management techniques. Understanding PM is worthwhile, as it presents an approach that is significantly different



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KYLIE HUTCHINSON

Professional Advancement

from general practice and the standard literature. This comprehensive, effective, and practical five-step framework can be understood and applied immediately. Get ready for a fast-paced, enjoyable and intensive learning experience!

Note: Continuing Education Units (CEU's) may be available in recognition of professional development/learning contact hours – please call the Continuing Studies office to inquire.

Learning Outcomes:

- › Learn and use a proven systematic approach to any size project
- › Eliminate the emotional struggle – develop a mental framework
- › Avoid missing deadlines or going over budget
- › Use objective driven logic and graphic planning techniques
- › Organize the team, execute the plan, and transfer authority
- › Specify the design, cost tracking, and contingency planning
- › Take strategic objectives and produce tactical action plans
- › Provide cross-functional teams with a common process
- › Inspire teams to operate effectively toward achieving goals

Facilitator: Will Fong. See bio on page 19.

Length: Two days

Date: Wednesday & Thursday, November 16 & 17, 2011 or Wednesday & Thursday, March 6 & 7, 2012 or Tuesday & Wednesday May 15 & 16, 2012

Times: 8 am – 5 pm

Cost: \$795 (tax exempt)

Best to register by: Wednesday, November 2, 2011 or Wednesday, February 21, 2012, or Tuesday, May 1, 2012

PROVIDING EXCELLENT CUSTOMER SERVICE

(Nov) PABS2461, (Mar) PABS2462, (May) PABS2463

May I help you? We are all in service to each other when we engage in our work. Those people who work on the frontlines, in the public purview, are under the most direct scrutiny. Sometimes, they must perform under the most difficult of circumstances and environments – and often under pressure! How can we create a culture of best practices of customer service where we honour those who do the work and those who request the service, meeting the needs and objectives of each in an economy that often tends to place a higher value on the financial rather than social or environmental bottom lines?

And... there is a new customer! The new customer is more knowledgeable, more assertive, more pressed for time and used to having more options. What does this mean for businesses that provide customer service? The service bar has been raised! Excellent customer service requires



GLENN BROWN



Royal Roads University Continuing Studies 2011-12

increased skills, enhanced confidence and an attitude that reflects great customer service. This two-day intensive will inform the participants about these new demands and build an attitude and approach to address them, focusing on each participant's strengths.

Topics:

- › Coach customers to understand changes in service and new service options
- › Who is the new customer?
- › Learn how to handle hostile, angry, frustrated customers
- › Coach customers to understand complex policies and processes
- › Find ways to provide best service with decreased resources
- › Explore what excellence means for service and relationship-building
- › Relieve the stress caused by the ongoing demands of working with the public
- › Your unique contribution to the success of the organization through service

Facilitator: Brenda Robinson. See bio on page 10.

Length: Two days

Date: Friday & Monday, November 25 & 28, 2011, or Wednesday & Thursday, March 7 & 8, 2012 or Tuesday & Wednesday, May 22 & 23, 2012

Times: 9 am – 5 pm

Cost: \$450 (tax exempt)

Best to register by: Friday, November 11, 2011 or Wednesday, February 22, 2012, or Tuesday, May 8, 2012

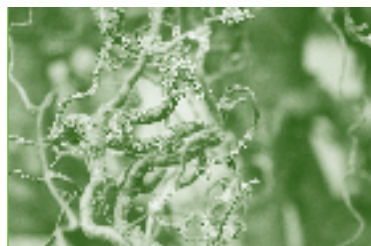
The Eric C. Douglass Centre for Entrepreneurial Studies (the Centre) was established in 2006. The Centre empowers a new breed of socially responsible, ethical entrepreneurs who focus on making a positive difference in our global communities. Through teaching, mentoring and community outreach, the Centre facilitates the empowerment of entrepreneurs and communities alike to design and implement business models for sustainable ventures that lend themselves to change that has an impact on our global communities

REASONING AND ANALYTICAL THINKING:

Tools For The Independent Thinker

PABS2517

This workshop is an introduction to analytical thinking and organized reasoning. We will look particularly at how many of the ideas presented in social life and in the working world can be seen as "arguments" – an argument as an organized set of reasons intended to lead to a partic-



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ular conclusion, not the “hostile discussion” meaning of the term. Understanding different ways to evaluate arguments and create better ones are important tools to support independent thinking.

Learning Outcomes:

- › Understanding of the nature and structure of arguments
- › How to break an argument down into its elements and evaluate merit
- › Several approaches, or tools, to improve one’s own arguments

Facilitator: Glenn Brown is an ecologist and educator specializing in environmental management, with an emphasis on adaptive management systems, as well as structured reasoning and decision-making. Glenn works as associate faculty in the MA in Environmental Management program at Royal Roads University, in addition to working as a private consultant. He has worked on environmental research or management projects for clients in government, NGO’s and industry.

Length: One day

Date: Friday, March 30, 2012

Times: 9 am – 5 pm

Cost: \$155 (tax exempt)

Best to register by: Friday, March 16, 2012

STAKEHOLDER & COMMUNITY ENGAGEMENT FOR PROJECT MANAGEMENT

PABS2500

Most major projects require the support of local communities and governments in order to acquire regulatory approvals and to ensure operational success. However, it is sometimes very difficult for outside organizations to acquire useful and timely community feedback and support on major initiatives.

This course is meant for representatives of industry, government and community leadership organizations; it provides a comprehensive guide to on how to plan, implement and use the results of stakeholder/community engagement to increase the likelihood of project success and a level of project support. Specifically, it offers a method of facilitating community consultation, by the community and for the community in a way that can define community needs, address concerns and encourage support.

Pre-Requisite: Project Management Essentials (two-day) or the equivalent.

Topics:

- › Developing and implementing a formal community engagement plan
- › Recruiting and organizing community members to form an outreach team

- › Community-based communications and public relations techniques
- › Online tools to increase community involvement
- › The role of social media in community relations
- › Surveys, focus groups and other research methodologies
- › Multi-media techniques for community engagement

Facilitator: Drew Leathem, BA, MBA, has worked with Aboriginal communities since 1998, during which time he developed an innovative new approach to community engagement working on major projects throughout B.C. His other projects have included business development, employment, and training, and accommodation agreement negotiation, support, and implementation. Drew is a manager in the Meyers Norris Penny consulting group and in the past was the general manager for the Squamish Lil’wat Cultural Centre in Whistler, B.C.

Length: One day

Date: Thursday, April 19, 2012

Times: 9 am – 5 pm

Cost: \$550 (tax exempt)

Best to register by: Thursday, April 5, 2012

STRATEGIC THINKING THAT WORKS: Turning Vision Into Results PABS2516

Careful thought + action = desired results. If you are looking for a sound, effective approach to strategic planning, this course will provide you with the knowledge and practical tools to engage in a full-scale strategic planning exercise within your organization. To get the best value, attend with your whole board or the team responsible for planning.

Topics:

- › Having a vision, articulating values, and developing a clear statement of purpose
- › Environmental scanning – identifying opportunities
- › Internal analysis – identifying strengths
- › Establishing long-range goals, setting short-term objectives
- › Creating an action plan involving all stakeholders in the process

Facilitator: Doug Kerr. See bio on page 10.

Length: Two days

Date: Thursday & Friday, December 8 & 9, 2011

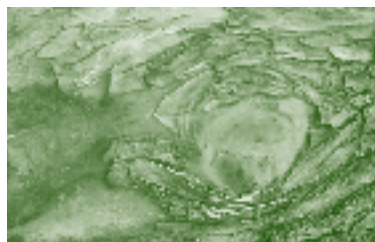
Times: 9 am – 5 pm

Cost: \$395 (tax exempt)

Best to register by: Thursday, November 24, 2011



DREW LEATHEM



SURVEY DESIGN WORKSHOP

PABS2515

Surveys are the foundation of many inquiries, from interest polling to social research. A survey design provides a quantitative or numeric description of trends, attitudes or opinions in a population by studying a sample of that population. Surveys may also include open-ended questions that provide for thematic representation of key opinions.

There are five stages to development and completion of a survey:

1) survey design and preliminary planning, 2) pre-testing, 3) final survey design and planning, 4) data collection, and 5) data coding, data-file construction analysis, and final report.

Learn how to choose from different types of survey, considering both cost and appropriateness. Participants will be provided an opportunity to use an online survey platform and are encouraged to bring a survey topic and draft questions, however, this is not a requirement as sample tools/questions will be provided.

Topics:

- › Types of surveys
- › Reasons for doing a survey versus using other forms of inquiry
- › Steps involving in designing a survey tool
- › Elements of good survey questions
- › Procedures for compiling and analyzing survey results

Facilitator: Wendy Rowe. See bio on page 13.

Length: One day

Date: Friday, February 10, 2012

Times: 9 am – 5 pm

Cost: \$195 + applicable taxes

Best to register by: Friday, January 27, 2012

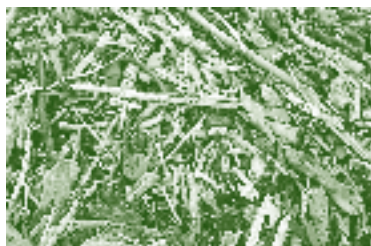
TALENT MANAGEMENT: Developing Leaders Through Intentional Succession Planning

PABS2522

Talent management is a new approach for succession planning that focuses on developing leaders from within an organization. It ensures that the right people with the right skills are in the right place, and that these people are engaged and focused on the right activities to achieve desired results. Successful organizations develop talent by establishing a culture of wellness; they provide learning opportunities and empower people to be successful by allowing them to play to their strengths. This course provides concrete strategies for a talent management system that focuses on identifying, assessing, and developing talent.



AMY ZIDULKA



Topics:

- › Making the case for leadership development
- › Define talent management, leadership needs
- › Outline a strengths based approach for leadership development
- › Developing talent pools to build leadership succession
- › Conducting a talent management assessment
- › Strategies for recruiting, engaging, and retaining employees

Facilitator: Paul Mohapel. See bio on page 12.

Length: One day

Date: Wednesday, February 9, 2012

Times: 9 am – 5 pm

Cost: \$195 (tax exempt)

Best to register by: Wednesday, January 26, 2012

The Centre for Health Leadership and Research (CHLR), an applied research centre, was established in September 2006 to examine current and emerging challenges related to leadership in the health care system. The Centre is a focal point for RRU's Health Sector Strategy and Health Collaboratory, which integrate RRU's health leadership research, teaching (certificate and degree programs), professional development services and formal partnerships. The Centre works closely with the School for Leadership Studies and its MA program in Leadership (Health) and the Centre for Applied Leadership and Management (CALM), and works with faculty based in both the Faculty of Social Applied Sciences and Faculty of Management.

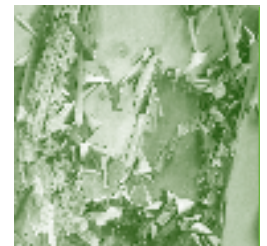
TEAMS THAT TRUST

PABS2525

Teams that trust are more productive. They give their best work freely and enjoy doing so; they move cohesively and creatively to achieve results; they engage in healthy, productive conflict and; they commit to shared goals and accountability. To effectively manage human resources, we must first understand and develop the factors that cultivate trust on teams. In this one-day session, we will take a practical and experiential look at the tools and skills required to build trust within teams across departments and throughout organizations.

Topics:

- › Practices for building a culture of trust
- › Inspiring team development
- › Building relationship awareness and social mastery
- › Creating clarity, commitment and buy-in
- › Healthy, productive conflict
- › Fostering accountability and achieving results



Facilitator: Patricia Galaczy. See bio on page 15.

Length: One day

Date: Monday, February 20, 2012

Times: 9 am – 5 pm

Cost: \$225 (tax exempt)

Best to register by: Monday, February 6, 2012

28-DAY LAUNCH PAD TO ENTREPRENEURSHIP

(Oct) PABS2519, (Apr) PABS2520

Do you have a dream of being your own boss? Is your dream job one that you create yourself? Perhaps you have a passion or talent that you'd like to turn into a business, but feel unsure of where to start. Or you might already be doing something you love "on the side" and are wondering whether it might become your full-time job. Perhaps you simply want the autonomy and control over your own destiny that comes from working for yourself, and want to explore your options. Launching your own business need not be expensive or complicated. The 28-day Launch Pad will guide you through a series of exercises that, step-by-step, will help you focus your business idea and turn it into reality without a hefty investment of money, just your time. We will meet on-line and in person with a group of people, like yourself, who want to launch businesses. You will be guided by facilitators who understand successful entrepreneurship from the inside out.

Facilitators: Amy Zidulka is core faculty at Royal Roads University and the founder of Career Architect, a career-transition coaching business. She holds degrees in Architecture and English Literature, and is a life coach and facilitator of instructional skills workshops, an instructor of classes on innovation, communication and problem solving. Amy has also worked as a professional artist.

Before coming to Royal Roads University as a core faculty member (teaching in the MBA course in entrepreneurship and global issues for managers courses), **Dennis Ray** was the Burgoyne Rotating Chair in Entrepreneurship at Brock University, the 3M Chair of Global Strategy & Management at the University of St. Thomas, and the Hall-Fulbright Distinguished Professor of Entrepreneurship in Bulgaria and Romania.

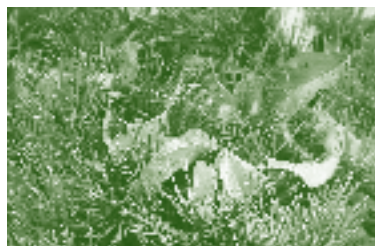
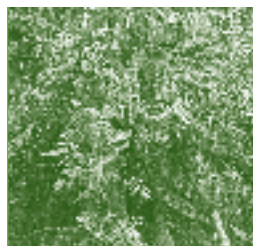
Length: 28 days online & some face-to-face.

Dates: on campus Monday, October 31, November 7, 14, 21, 28, 2011 or Tuesday, April 3, 10, 17, 24 & May 1, 2012

Times: online portion asynchronous, on campus, Monday evenings – 7 pm – 9 pm

Cost: \$135 + applicable taxes

Best to register by: Monday, October 17, 2011 or Tuesday, March 19, 2012



www.royalroads.ca/continuing-studies

WHOLE BRAIN THINKING: Cultivate 21st Century Creativity And Leadership

(Nov – One day) PABS2490, (Nov – 2 days) PABS2491, (May – One day)

PABS2492, (May – 2 days) PABS2493

Recent surveys indicate skills in critical thinking, creativity, communication, collaboration and innovation are crucial for achieving success in a global economy. This workshop provides a "Whole-Brain Thinking" approach to communication, creativity and innovation, based on design-thinking models, and the work of Ned Herrmann.

Note: This course is uniquely designed so that you can take just one day and glean the gems of this work or dive into a two day experience with more time to integrate the learning.

Topics:

- › Create a culture of creativity, innovation, collaboration, and diversity
- › Principles and practices of innovation in art, business, science, and design
- › Practical tools and techniques that integrate right-brain artistry with left-brain logic and analysis
- › Case studies from the world's most successful organizations
- › Creative leadership competencies
- › Analyze, reframe, and shift perspectives – turn ideas into action

Facilitator: Linda Naiman. See bio on page 15.

Length: One or two days

Dates: Wednesday, November 30 or Wednesday & Thursday, November 30 – December 1, 2011 or Thursday, May 31 or Thursday & Friday, May 31 – June 1, 2012

Times: 9 am – 5 pm

Cost: One day \$225 or Two days \$350 (both are tax exempt)

Best to register by: Wednesday, November 16, 2011 or Thursday, May 17, 2012

WORKING SMARTER NOT HARDER: Managing Multiple Priorities

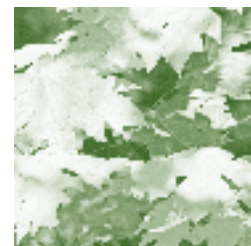
(Oct 24) PABS2448, (Oct 25) PABS2449, (Feb 13) PABS2450, (Feb 14)

PABS2451, (Apr 26) PABS2452, (Apr 27) PABS2453, (May) PABS2454

Learn how to coax order out of chaos. In an era of increasing responsibility and decreasing resources (do more with less), we must look for short-cuts, time savers and best practices. We can no longer make excuses about lack of time. Personal organizational and habitual behaviours can be shifted to everyone's benefit. Time management has become priority management, a critical component of the modern successful workplace.

Topics:

- › Developing a new attitude of working smarter, not harder
- › Learn new skills to make time work for you
- › Building routine out of chaos



Professional Advancement

Facilitator: Brenda Robinson. See bio on page 10.

Length: One day

Date: Monday, October 24 or Tuesday, October 25, 2011 or Monday, February 13 or Tuesday, February 14, 2012 or Thursday, April 26 or Friday April 27, 2012 or Thursday, May 24, 2012

Times: 9 am – 5 pm

Cost: \$250 (tax exempt)

Best to register by: Tuesday, October 11, 2011 or Monday, January 30 or Tuesday January 31, 2012 or Thursday, April 12 or Friday, April 13, 2012 or Thursday, May 10, 2012

The School of Peace and Conflict Management offers several Master's of Arts programs in Conflict Analysis & Management, Human Security & Peacebuilding, Disaster & Emergency Management, and a Bachelor of Arts in Justice Studies. Our programs are developed in collaboration with subject-matter experts ensuring current and immediately applicable knowledge and skills are part of the programs designed with working professionals in mind. Contact www.royalroads.ca

YOUR BRAIN AND CONFLICT MANAGEMENT

PABS2521

In two days, experience hands-on opportunities to engage in negotiations and acquire the skills used to reach a resolution from divergent interests. This course integrates recent neuroscience findings into conflict management processes; it also provides insights into how to facilitate change in the brain, stay cool under pressure and improve problem-solving and decision-making skills.

Through simulations in which students will have the opportunity to be both the mediator and a party in a dispute, students will learn how third-party intervention can resolve conflict in a wide variety of settings, from workplace and commercial to interpersonal and community disputes. A strong focus of the program will be the use of mediation role-play exercises, in which students will be observed and coached by professional mediators.

Learning Outcomes:

- › Understand the latest science of the brain (neuroscience)
- › Identify the impact stress has on conflict management
- › Strategies to keep your cool and perform well when under pressure
- › Understand what truly motivates the best performance
- › Develop new ways to think about complex problems

Facilitator: With a unique combination of training and experience in mediation, facilitation and professional coaching, **Erika Deines**, B.A.JuS, C.Med, helps people have effective dialogue, share ideas, create plans,

tackle issues, and resolve conflict. Her experience is far reaching: from parent-teen conflict, divorce, community, and civil court disputes, to multi-party mediations, team building, strategic planning and organizational development facilitations. Erika is also experienced in one-on-one, team, and conflict coaching. She is a Chartered Mediator, a professional coach and recently completed post-graduate studies in the NeuroScience of Leadership. She is the Executive Director of Education for the Alberta Arbitration and Mediation Society.

Length: Two days

Date: Thursday & Friday, December 8 & 9, 2011

Times: 9 am – 5 pm

Cost: \$350 (tax exempt)

Best to register by: Thursday, November 24, 2011

COMPUTER LITERACY

CREATE YOUR OWN NETWORKING WEBSITE

(Feb) PACL2528

Create a website that allows people to post their thoughts, pictures and videos and integrates Facebook and Twitter feeds. Maybe even incorporate a blog, live chat – and your own ads too. This is not beyond your grasp! With the easy to use, yet sophisticated features of Ning.com you can create your own interactive social networking site.

Topics:

- › Introduction to social networking sites
- › Define your network theme
- › Set up member profiles
- › Choose the right level of moderation and privacy
- › Post status updates on Twitter and Facebook.
- › Incorporate photos, videos, chat and groups
- › Learn how to use your own domain name

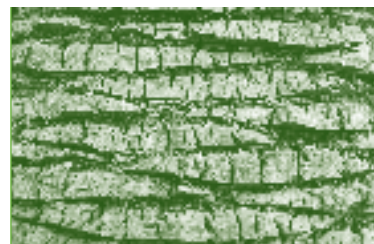
Prerequisites: Listed at www.royalroads.ca/continuing-studies

Facilitator: David Sudbury brings specialized experience in preparing technical documentation in support of training and development projects. He has an MA in Distributed Learning from Royal Roads University and an in-depth knowledge of computer applications and programming software. He has extensive experience in courseware development, teaching, programming, and project management at Cisco Systems, Inc.

Sabrina Shea has a background in teaching a variety of courses and programs for various organizations over the last 20 years. She has a wonderful sense of humour and creates an energetic and fun learning



ERIKA DEINES



atmosphere. Sabrina is certified as a B.C. Provincial Instructor and certified in Adobe Dreamweaver, and Microsoft Access.

Length: One day

Date: Thursday, February 16, 2012

Times: 9 am – 4:30 pm

Cost: \$195 + applicable taxes

Best to register by: Thursday, February 2, 2012

HOW TO GET ALONG WITH YOUR COMPUTER

(Nov) PACL2529, (Feb) PACL2530, (Apr) PACL2531

Have you ever spent too much time looking for a file or program you just worked on? Do you want to get rid of an installed program or be able to organize and share some of those hundreds of pictures, music files and videos from your computer? This course will provide you with fundamental knowledge so you will know which management tasks you can comfortably do yourself – and what tasks for which you should ask for expert help. Think of it as gaining computer peace of mind.

Topics:

- › Manage your desktop and control panel effectively
- › Explore keyboard and mouse features
- › Use Window features
- › Save, manage, and organize files and folders
- › Explore and gain familiarity with the MS Office Suite
- › Manage your Internet Explorer, search the web, and download

Prerequisites: Listed at www.royalroads.ca/continuing-studies

Facilitators: David Sudbury or Sabrina Shea. See bios on s page 24.

Length: One day

Date: Wednesday, November 16, 2011 or Thursday, February 2, 2012
or Thursday, April 12, 2012

Times: 9 am – 4:30 pm

Cost: \$125 + applicable taxes

Best to register by: Wednesday, November 2, 2011 or Thursday,
January 19, 2012 or Thursday, March 29, 2012

MICROSOFT® OFFICE EXCEL 2007 LEVEL I: Simple Spreadsheets

(Nov) PACL2524, (Mar) PACL2525, (May) PACL2526

Have you seen job advertisements looking for people with basic “spread sheeting” experience? If you want to use a computer to do the math and the drawing for you, then MS Excel Level 1 is for you. This course will not focus on all of MS Excel’s hundreds of features but will teach you how to create a basic spreadsheet, make a chart based on your data, and print your spreadsheet and chart – the basic skills you need to get the job done.

Prerequisites: Listed at www.royalroads.ca/continuing-studies

Facilitators: David Sudbury or Sabrina Shea. See bios on page 24.

Length: Two days

Date: Tuesday & Wednesday, November 29 & 30, 2011 or Tuesday &
Wednesday, March 13 & 14, 2012 or Thursday & Friday, May 10
& 11, 2012

Times: 9 am – 4:30 pm

Cost: \$235 + applicable taxes

Best to register by: Tuesday, November 15, 2011 or Tuesday,
February 28, 2012 or Thursday, April 26, 2012

MICROSOFT® OFFICE EXCEL 2007 LEVEL II: Complex Spreadsheets PACL2527

Complex spreadsheets are – complex. You know the basics, but now you are faced with a workbook of spreadsheets, hidden columns and incomprehensible formulas. When the basics are just not enough to get the job done, you need this course. It will explore how complex spreadsheets are created and will dive into creating formulas that work across multiple worksheets. This course will also teach you how to use Excel auditing tools to figure out how and where formulas are working.

For a complete list of topics visit www.royalroads.ca/continuing-studies

Facilitators: David Sudbury or Sabrina Shea. See bios on page 24.

Length: Two days

Date: Wednesday & Thursday, April 25 & 26, 2012

Times: 9 am – 4:30 pm

Cost: \$235 + applicable taxes

Best to register by: Wednesday, April 11, 2012

MICROSOFT® OFFICE PROJECT MANAGEMENT 2010: FOUNDATIONS – ONLINE

(Nov) PACL2532, (Feb) PACL2533

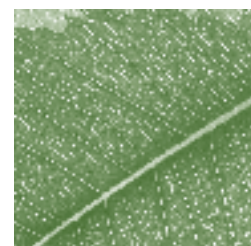
Microsoft® Project 2010 Foundations is a comprehensive course that covers the basics of project management and how to use Microsoft® Project to manage projects. Learn how to analyze and manage projects of any scope, to organize tasks and resources, to identify and manage to the critical path, resolve project conflicts, and customize and optimize Project 2010 for future tasks.

Topics:

- › Project management basics, project planning
- › Introduction to Microsoft® Project 2010
- › Working with tasks, dependencies, and task relationships



SABRINA SHEA



- › Working with estimates
- › Managing resources and costs, tracking project progress
- › Managing the critical path and reporting

Facilitator: Darryl Karleen. See bio on page 19.

Length: online

Date: Monday, November 28 – December 9, 2011 or Monday, February 6 – 19, 2012

Times: 9 am – 5 pm

Cost: \$250 + applicable taxes

Best to register by: Monday, November 14, 2011 or Monday, January 23, 2012

MICROSOFT® OFFICE WORD 2007 LEVEL I:

Simple Report Writing

(Nov) PACL2520, (Feb) PACL2521, (Apr) PACL2522

In MS Word Level I you will learn not only how to write a cover letter, you will learn how to spell-check it, format it and print it. You will also learn the how to us MS Word to create a basic resume by becoming familiar with how to use more of MS Word's formatting and editing features.

For a complete list of topics visit www.royalroads.ca/continuing-studies

Facilitators: David Sudbury or Sabrina Shea. See bios on page 24.

Length: Two days

Date: Tuesday & Wednesday, November 22 & 23, 2011 or Monday & Tuesday, February 6 & 7, 2012 or Tuesday & Wednesday, April 17 & 18, 2012

Times: 9 am – 4:30 pm

Cost: \$235 + applicable taxes

Best to register by: Tuesday, November 8, 2011 or Monday January 23, 2012 or Tuesday April 3, 2012

MICROSOFT® OFFICE WORD LEVEL II: Complex Report Writing

PACL2523

You need to write a report and you want it to look professional. More than that, you have to share your work with your team and they have to provide their input. Learn how to correctly format the sections of your report, create a table of contents and figures. You will also learn how to use track changes, comments, and document comparison features of MS Word so you can collaborate effectively and efficiently with team members.

Using instructor-led demonstrations and hands-on practice, learners will acquire the skills needed to effectively use MS Word's rich set of collaboration and writing tools to create professional reports.

For a complete list of topics and outcomes visit www.royalroads.ca/continuing-studies

Facilitators: David Sudbury or Sabrina Shea. See bios on page 24.

Length: Two days

Date: Tuesday & Wednesday, March 20 & 21, 2012

Times: 9 am – 4:30 pm

Cost: \$235 + applicable taxes

Best to register by: Tuesday, March 6, 2012

LEADERSHIP DEVELOPMENT

FACILITATION FOR LEADERS

PALD2548

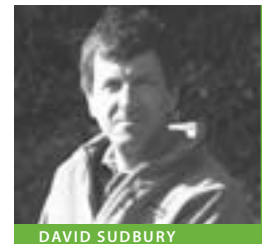
Think about the meetings you've hosted in the last few months. How often did you leave those meetings feeling energized by the conversation and free flow of ideas? Were participants eager to engage and actively share ideas and possibilities? Was everyone motivated to take action after the meeting?

Most of us are less than enthusiastic about the meeting experience. What if there were easy to learn ways to create conditions where people tackle even tough problems with energy? In our fast-paced world individual leaders no longer have all the answers. We need to engage the brilliance of others around us if we want to improve the quality and productivity of group and team gatherings.

Topics:

- › Why are facilitation skills important for leaders?
- › The facilitator as host, convener, and guardian
- › Core facilitation practices
- › Creating conditions for trust and collaboration
- › Foster ways to inspire creative thinking
- › Creating clear, actionable decisions and results

Facilitator: Shauna Fenwick is an accomplished facilitator, coach, educator and designer of leadership development systems. She works with individuals to strengthen their leadership capabilities; she also works with teams and groups to create conditions for optimal function and innovation. Shauna coaches individual leaders and project teams, and teaches in the MA Leadership program at Royal Roads University. She will often use an appreciative, strengths-based approach and believes that including diverse voices enhances outcomes.



DAVID SUDBURY

Length: One day

Date: Wednesday, February 8, 2012

Times: 9 am – 5 pm

Cost: \$195 (tax exempt)

Best to register by: Wednesday, January 25, 2012

The Institute for Values-Based Leadership, building on the leading work of the Todd Thomas Institute, fulfills its mission by assisting leaders and their organizations, communities and nations to be the very best they can be for prosperity, people, and the planet. We do this by providing ground-breaking and distinctive resources, programs, and services that foster values-based decisions and actions. Our vision is to be the leading centre of excellence for inspiring and enabling leaders and their people to accomplish their highest values in action.

LEAD FROM YOUR STRENGTHS

(Nov 21) PALD2537, (Nov 25) PALD2538, (Mar 9) PALD2539, (Mar 12) PALD2540, (May 14) PALD2541, (May 25) PALD2542

Every supervisor and manager is a leader. One of the critical qualities of effective leaders is self-awareness. This is an opportunity to step out of busy daily life, reflect on the capabilities you bring to your role, and identify your strengths. Knowing your leadership foundation will aid your effectiveness as a manager.

Topics:

- › The Situational Leadership Model (Hersey and Blanchard)
- › The Leader Effectiveness and Adaptability Description (LEAD)
- › What power is and its relationship to leadership
- › Dominant and supporting leadership styles, adaptability
- › Relationship Awareness Theory: The Strength Deployment Inventory
- › Motivational value systems and value-relating styles
- › Strength management, the self-worth model

Facilitator: Doug Kerr. See bio on page 10.

Length: One day

Date: Monday, November 21 or Friday, November 25, 2011 or Friday, March 9 or Monday, March 12 or Monday, May 14 or Friday, May 25, 2012

Times: 9 am – 5 pm

Cost: \$255 (tax exempt)

Best to register by: Monday, November 7 or Friday, November 11, 2011, Friday, February 24, Monday, February 27, Monday, April 30, Friday, May 11, 2012

LEADING FROM THE INSIDE OUT

PALD2547

Today, more than ever, emerging leaders need the skills to communicate effectively in order to unleash the highest potential in themselves and others. Learn to support clear and productive communication between co-workers, employees, and clients and create mutually satisfying solutions while maintaining the trust and collegial respect of all concerned.

Learning Outcomes:

- › Enhanced self-awareness
- › Understand dynamics of power/conflict
- › Communicate with clear intention and respect
- › Provide clear and honest feedback, listen empathically

Facilitator: Rachelle Lamb. See bio on page 9.

Length: One day

Date: Friday, December 2, 2011

Times: 9 am – 5 pm

Cost: \$225 (tax exempt)

Best to register by: Friday, November 18, 2011

THE NEUROSCIENCE OF LEADERSHIP

PALD2545

Daniel Goleman, the author of several books on Emotional Intelligence and leadership, recently gathered together a group of physicists, Buddhists, psychiatrists and neuroscientists so they could learn from each other about how the mind works. Incorporating recent scientific findings, this course will carry forward that discussion by further exploring the relationship between the brain, psychology, and leadership.

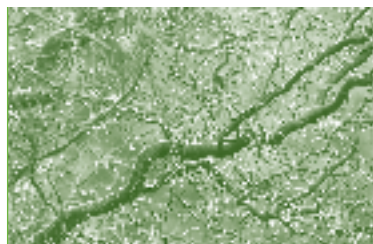
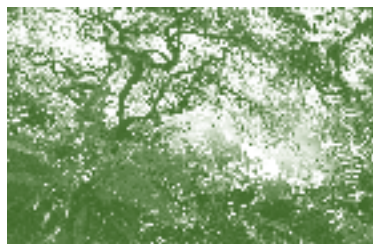
Designed to help build your leadership capacity – by showing you how your brain works – we will incorporate recent research about the brain's functions, limitations and capacities and address issues such as learning how we can “direct” our own brain pathways in order to achieve fulfillment and success. Using interactive and experiential based exercises, participants will discover strategies to maximize mental resources, avoid distractions, keep emotions in check, and to be more mindful.

Topics:

- › Examine the role of social neurocircuitry in leadership
- › How the brain allows us to make ethical decisions
- › The impact of brain symmetry on leadership
- › Making the case for the prefrontal cortex as the seat of leadership
- › How some leadership styles negatively affect the brain
- › Mindfulness as a practice to build leadership and brain health
- › Leadership strategies for improving brain health



DARRYL KARLEEN



Facilitator: Paul Mohapel. See bio on page 12.

Length: One day

Date: Thursday, March 22, 2012

Times: 9 am – 5 pm

Cost: \$195 (tax exempt)

Best to register by: Thursday, March 8, 2012

The Centre for Applied Leadership and Management (CALM) at Royal Roads University offers leading-edge executive education that responds to the call for flexible, relevant, and applied Master's level programming. Current offerings of Graduate Certificates include Sustainable Community Development, Leadership and Management, Executive Coaching, Health Systems Leadership, Project Management, Professional Communication Management, Strategic Human Resources Management & Values-Based Leadership. The Centre also facilitates the design and delivery of dynamic customized programming focused on leadership development, systems thinking, strategic planning, building sustainable communities, organizational learning, change management and more. www.royalroads.ca/execed

PERSONAL MASTERY AND HUMAN RESOURCE MANAGEMENT

PALD2546

Personal mastery involves knowing yourself well in order to get out of your own way and be a productive contributor to your organization. Once we can objectively see the patterns of behaviour that both support and derail how we communicate, lead, and manage, it becomes possible to make strategic choices to achieve personal and organizational goals.

Managing human resources and advancing organizational objectives requires that we lead ourselves, so that others will choose to follow. You will leave this course with practical skills and renewed confidence as we explore and understand how to best lead from a place of personal mastery the organization's greatest asset – its human resources.

Topics:

- › Latest advances in transformational leadership
- › Understanding leadership and communication styles
- › Leadership effectiveness: Becoming confident and strategic
- › Personal mastery: Positively influencing HRM
- › Improving the ability to lead and work under pressure

Facilitator: Patricia Galaczy. See bio on page 15.

Length: One day

Date: Friday, March 16, 2012



Royal Roads University Continuing Studies 2011-12

Times: 9 am – 5 pm

Cost: \$225 (tax exempt)

Best to register by: Friday, March 2, 2012

SELF LEADERSHIP: Using Olympic Gold Medal Standards To Guide Your Organization To Success

PALD2536

Self-leadership is about understanding and managing the complex, multiple facets of yourself. The metaphor of sport is a powerful example of how optimal performance depends on identifying and leading from your personal strengths. Teamwork, "visioning," strategy, and training parallels sport performance. In this session, an Olympic rower will demonstrate how productive the leadership/sport metaphor can be for self-leadership, goal setting, visioning, planning, personal development and performance.

In her 25 years as an educator, researcher and consultant in the area of organizational behaviour and learning, Dr. Jennifer Walinga has seen how successfully the tools she learned in the rowing shell transfer to daily life. She weaves colourful stories and videos throughout her presentation and includes an interactive component that shows how physiological principles are just as present at work as they are in sport.

Topics:

- › The Gold Medal Standard
- › Knowing your perfect system, optimal performance
- › Interpersonal communication mechanisms
- › Problem-solving the barriers and threats to goals
- › Vision as leader
- › Building the race plan and strategies for performance

Facilitator: Jennifer Walinga. See bio on page 13.

Length: One day

Date: Thursday, March 1, 2012

Times: 9 am – 5 pm

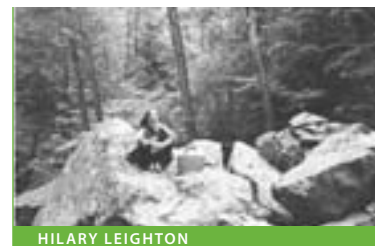
Cost: \$195 (tax exempt)

Best to register by: Thursday, February 16, 2012

USING COACHING TO LEAD

(Oct) PALD2534, (Feb online) PALD2535

Coaching to Lead® is designed to provide leaders of organizations and in business with the opportunity to explore and assess fostering a foundational coaching skills culture in the workplace. It will also show how doing so can influence and strengthen organizational capacity, leadership, performance, and staff engagement.



HILARY LEIGHTON



250-391-2600 Ext. 4801 or Toll Free 1-866-890-0220

This workshop will assist participants to determine whether the introduction of foundational coaching skills and conversations would be of strategic value to their respective organizations. For those who see the benefit of fostering coaching skills in the workplace, join the in-depth two-day Coaching Out of the Box® offered Nov 3-4, 2011.

Topics:

- › Defining coaching as a leadership skill set
- › Six coaching and leadership styles
- › Determining the benefits of coaching, including return on investment (ROI)
- › Differentiating coaching versus mentoring
- › The 5/5/5 Coaching Out of the Box® model
- › Fostering active listening and powerful questioning

Facilitator: Jeanie Paterson. See bio on page 10.

Length: 3.5 hours (half-day) or Webinar – 3 hours

Date: Thursday, October 20, 2011 or Wednesday, February 15 & 22, 2012

Times: 1 pm – 4:30 pm or 4 pm – 5:30 pm

Cost: Both \$95 (tax exempt)

Best to register by: Thursday, October 6, 2011 or Wednesday, February 1, 2012

The Institute for Values-Based Leadership works to advance the practice of values-based leadership (vbl) and the creation of knowledge through four key focus areas of a) applied research and publications, b) education (including the new Graduate Certificate in Values-Based Leadership), c) forums for dialogue and learning, and d) services to organizations. For more information on these programs and services, please contact vbl@royalroads.ca

THE WAY OF THE LEADER

(Dec) PALD2543, (Mar) PALD2544

Understanding the diverse and unique traits we all bring to the complexities of contemporary issues facing organizational sustainability can provide insights into organizational functioning. It can further serve to deepen our appreciation and understanding of who is the “self who leads”.

Over the course of four weeks, we will engage in a joint process of purposeful reflection about our images of leadership. We will examine what it means to be a leader, what leadership is, and what we value about ourselves and others as leaders. Through a series of readings, personal reflections, journal-writing, and online dialogue, we will develop a deeper understanding of what draws us to leadership roles, and an appreciation of what we ourselves bring to those roles. For more details please visit our website.



www.royalroads.ca/continuing-studies

Required Text: Daft, R. & Lengle, R. (1998). *Fusion leadership. Unlocking the subtle forces that change people and organizations.* San Francisco: Berrett-Koehler Publishers, Inc. ISBN: 1-57675-9-080-9.

Computer Requirements: Prior to the course you will receive information on how to access the course and complete an orientation. <http://computerservices.royalroads.ca/computer equip requirements>

Facilitators: Doug Kerr. See bio on page 10.

Hilary Leighton is a natural leader who brings authentic connection, compassion, enthusiasm, and heart, together with a grounded realism and sensibility that ensures success in organizational life. A tireless advocate for a more sane and healthy society, she teaches Ecopsychology (EP) and studies the field at the doctoral level. Hilary is MBTI Certified, holds an MEd (Curriculum and Instruction), is an Integrated Body Psychotherapist, and a Laughter Yoga instructor. Hilary is the Director of Continuing Studies at Royal Roads University where she derives the most satisfaction from the generosity of teaching, encouraging, and serving others.

Length: Four weeks

Date: November 7 – December 9, 2011 or March 5 – April 6, 2012

Times: asynchronous

Cost: \$550 (tax exempt)

Best to register by: Monday, October 24, 2011 or Monday, February 20, 2012

PROFESSIONAL & APPLIED COMMUNICATION SKILLS

THE ACCIDENTAL EDITOR - ONLINE

PAPA2575

Sometimes you become an editor by default. This online course provides an overview of editing for accidental editors – those who are not trained as professional editors, but who must manage the editing of business and government writing as a part of their job. Participants will gain confidence in their ability to take a document from an early draft to an error-free, effective final version.

Topics:

- › The process of editing: what comes first?
- › Types of editing: substantive, stylistic, copy editing, proofreading
- › Basic editing notation: traditional methods, online tools
- › Scheduling: estimating the time required for each editing stage
- › Managing writers, multiple versions, and conflicting feedback
- › Basic resources: dictionaries, style guides
- › Improved confidence to handle an editing project



Professional Advancement

Required Textbook: *Developing Proofreading and Editing Skills*, 5th ed., Camp, Sue C. McGraw-Hill/Irwin, 2005. ISBN: 978-0-07-293798-5

Computer Requirements: Please visit our website for more information.

Facilitator: Judy Carter. See bio on page 14.

Length: Three weeks online

Date: February 7 – February 25, 2012

Times: asynchronous

Cost: \$255 (tax exempt)

Best to register by: Monday, January 24, 2012

THE ART OF FOCUSED CONVERSATION: The Natural Flow Of Ideas
PAPA2551

The results we get in our daily experience of life are largely due to the type of conversations we have. This workshop will demonstrate what can be accomplished through focused conversation (FC). Leaders and meeting facilitators will learn a method for organizing constructive conversations among groups and within organizations. Apply the experience of this workshop to address real life situations. Resource book included.

Learning Outcomes:

- › Plan and facilitate meetings using FC
- › Apply FC to problem-solve, research, troubleshoot, interpret data
- › FC for reviewing and evaluating, planning, coaching and mentoring, decision making, managing, supervising, and personal reflection

Facilitator: Dan Doherty's areas of passion and expertise include facilitating, appreciative inquiry and the use of technology to support communication and learning. He encourages participants to use peer collaboration, improvisation and a variety of strategies and media to create an active, engaging and respectful learning environment.

Length: One day

Date: Wednesday, March 28, 2012

Times: 9 am – 5 pm

Cost: \$215 (tax exempt)

Best to register by: Wednesday, March 14, 2012

COMMUNICATING WITH CLARITY AND IMPACT: Professional Writing, Public Speaking And Presentation Skills
(Dec) PAPA2577, (Mar) PAPA2578

If you understand that writing, speaking, and presentation have the power to engage, move, and transform an audience, then join us for this two-day course in professional writing, public speaking, and presentation skills.



DAN DOHERTY



Topics:

- › The tools and principles of writing, speaking and presenting
- › The 5 Cs of effective communication
- › Overcoming performance anxiety
- › Media-enhanced communication
- › Professional writing (letter, essay, report, proposal)
- › Professional speaking (speech, pitch, interview)
- › Professional presentation (PowerPoint, demonstration, instruction)

Facilitator: Jennifer Walinga. See bio on page 13.

Length: Two days

Date: Monday & Tuesday, December 5 & 6, 2011 or Thursday & Friday, March 8 & 9, 2012

Times: 9 am – 5 pm

Cost: \$450 (tax exempt)

Best to register by: Monday, November 21, 2011 or Thursday, February 23, 2012

CONTENTOLOGY: Real World Strategies For Digital Content
PAPA2580

People have said that “content is king” on the Internet, yet advances in technology, changes in online culture, economic realities and the rise of social media have redefined the way we think of digital content. Whether you’re in a clerical, communications, marketing, IT or senior management role, the demands of managing, publishing and disseminating content on the Internet present many challenges, even for those who have specialized in Web design. This course provides a framework to help make sense of it all in the midst of change, as well as help working professionals develop real-life strategies and tactics for their organizations.

Learning Outcomes:

- › Understand the difference between a Web and an Internet strategy
- › Know the difference between digital and print media
- › The fundamental principles of information design
- › Plan and design content
- › Various techniques for overcoming challenges
- › Effective strategies for managing digital content
- › Draft an eStyle Guide and a high-level Internet Content Strategy

Facilitator: Garth Von Buchholz, BA CUA is a Certified Usability Analyst (Human Factors International) with more than 16 years experience as a web producer, web developer, information designer, and senior web manager for private enterprise and government. www.contentology.com.

Length: Two days

Date: Tuesday, November 8 & Tuesday, November 15, 2011

Times: 9 am – 5 pm



SUKUMAR PERIVAL

Cost: \$ 275 (tax exempt)
Best to register by: Tuesday, October 25, 2011

CORE COMMUNICATION SKILLS

(Oct 7) PAPA2555, (Oct 14) PAPA2556, (Jan) PAPA2557, (Feb) PAPA2558, (Apr 10) PAPA2559, (Apr 11) PAPA2560

The ability to communicate skillfully is the critical core competency for successful supervisors and managers in every organization. This is an introduction to the key concepts and skills that help us all communicate more clearly, and includes the practice needed to communicate effectively in the workplace. Gain insight into your own communication style and map out a plan to continue developing as a skilled communicator.

Topics:

- › A model of the interpersonal communication process
- › Verbal and non-verbal skills
- › Conveying meaning with clarity

Facilitator: Doug Kerr. See bio on page 10.

Length: One day
Date: Friday, October 7 or Friday, October 14, 2011 or Friday, January 27, 2012 or Friday, February 3, 2012 or Tuesday, April 10 or Wednesday, April 11, 2012
Times: 9 am – 5 pm
Cost: \$195 (tax exempt)
Best to register by: Friday, September 23, 2011 or Friday, September 30, 2011 or Friday, January 13, 2012 or Friday, January 20, 2012 or Tuesday, March 27, or Wednesday, March 28, 2012

CROSS-CULTURAL PERSPECTIVES ON CONFLICT RESOLUTION

PAPA2579

World cultures have differing perspectives on conflict resolution. Through reading and discussing classical texts about conflict from different cultures, we will better understand sources of conflict and learn how to apply conflict resolution techniques more effectively.

Topics:

- › How do different cultures approach conflict?
- › When and how is conflict acknowledged in different cultures?
- › How do cultures value peace and conflict respectively?
- › What are preferred techniques for conflict resolution in different cultures?
- › Apply an intercultural lens to conflict situations

Facilitator: Sukumar Perival has worked in the field of intercultural conflict resolution for more than 20 years and is currently Executive Director,

Strategic Policy and Planning at the Intergovernmental Relations Secretariat of the Government of B.C. He has a PhD and an MA in international relations from Oxford and a certificate in conflict resolution (with negotiation specialization) from the Justice Institute. He was the first Fulbright Chair in Canada-US Relations at the University of Washington in Seattle. He is also a certified executive coach.

Length: One day
Date: Wednesday, March 21, 2012
Times: 9 am – 5 pm
Cost: \$225 (tax exempt)
Best to register by: Wednesday, March 7, 2012

Communication is the key to success in a rapidly globalizing world. The School of Communication and Culture's BA and MA in Professional Communication combine the best academic and applied professional education with courses in writing, public relations, journalism, public speaking, organizational communication, intercultural communication, and new media. www.royalroads.ca

DIFFICULT CONVERSATIONS

(Nov) PAPA2549, (Mar) PAPA2550

We all dread them – having to confront a challenging co-worker, customer, or friend about a difficult and uncomfortable issue. We can't completely avoid them and we often handle them very poorly. This workshop offers insights into the multiple layers beneath each conversation and provides advice for handling these unpleasant exchanges in a manner that addresses the core issues. If you're interested in improving your communication skills or reducing conflict, this workshop will provide strategies to make challenging conversations less anxious and more productive.

Learning Outcomes:

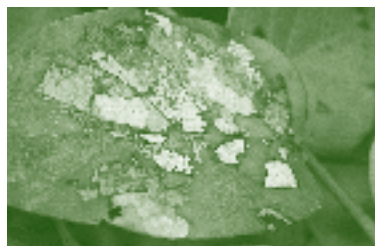
- › Develop competency in communication, relationship and team building, self-development
- › Learn how to better deal with your emotions and anxiety
- › Develop greater self-awareness and how you may contribute to conflict
- › Learn strategies for disarming the impulse to lay blame
- › Practice new strategies for influence
- › Prepare a plan of action for future difficult conversations

Facilitator: Paul Mohapel. See bio on page 12.

Length: Two days
Date: Tuesday, November 22 & Tuesday, November 29, 2011 or Thursday, March 29 & Thursday, April 5, 2012



GARTH VON BUCHHOLZ



www.royalroads.ca/continuing-studies



Professional Advancement



Times: 9 am – 5 pm
Cost: \$325 (tax exempt)
Best to register by: Tuesday, November 8, 2011 or Thursday, March 15, 2012

DRILLING DOWN AND “WHY”S-ING UP: Overcoming Professional Communication Challenges

PAPA2576

If you are ready to communicate as a leader, if you are ready to resolve difficult communication challenges in the workplace, if you are ready to design powerful communication tools, systems and processes, then join us for our two-day professional communication training program.

Topics:

- › Leadership communication
- › Overcoming interpersonal and organizational communication challenges
- › The Communication Plan
- › Designing communication tools, systems, and mechanisms for change, innovation, efficiency, and alignment

Facilitator: Jennifer Walinga. See bio on page 13.

Length: One day
Date: Thursday, February 2, 2012
Times: 9 am – 5 pm
Cost: \$220 (tax exempt)
Best to register by: Thursday, January 19, 2012

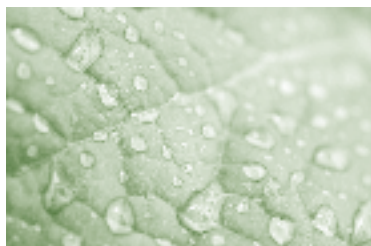
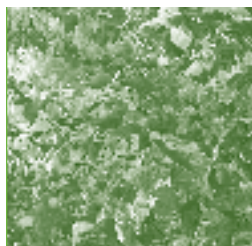
FACILITATING GROUP PROCESSES

PAPA2562

Effective facilitation is crucial; it is the key to successful outcomes in work teams and meetings. This workshop explores the facilitator's role in effective group functioning and communication, paying particular attention to the types of facilitation required in different environments. Learn how to prepare for group sessions in a broad range of work situations and consulting roles with client groups, and practise core facilitation skills. You will also have the opportunity to identify challenges in facilitation, and to develop confidence in addressing the situations you encounter when facilitating.

Topics:

- › Knowledge, skills, and personal qualities for effective facilitation
- › The impact of “being fully present”
- › The ability to sense group climate, and adapt accordingly
- › Stay on track and accomplish goals
- › Open-ended questions
- › Decision-making processes in groups
- › Dealing with challenging situations and behaviours



Facilitator: Doug Kerr. See bio on page 10.

Length: Two days
Date: Monday & Tuesday, January 30 & 31, 2012
Times: 9 am – 5 pm
Cost: \$350 (tax exempt)
Best to register by: Monday, January 16, 2012

At Royal Roads University, we value the efforts our students make to improve their writing skills; however, we also recognize that the transition from personal or professional writing to academic writing can be stressful. The Writing Centre supports our certificate, undergraduate, graduate, and doctoral students by providing writing instruction face-to-face, online, and by telephone, to help students achieve excellence in their academic writing.

HOW TO IMPROVE YOUR WRITING: Impact, Grammar And Editing

(Oct) PAPA2567, (Feb) PAPA2568, (May) PAPA2569

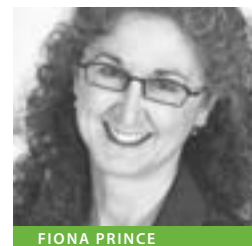
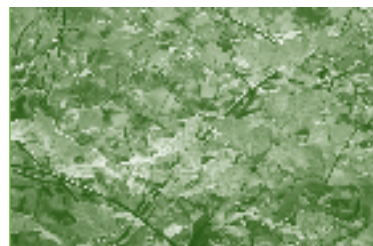
This one-day workshop is a must for people who write in the course of their work – whether it is letters, emails, reports, promotional materials, briefing notes or instructions. This workshop has two main topics – the principles of writing plain language, and grammar gremlins. Hands-on exercises will reinforce the learning that takes place in this enjoyable, high-energy session.

Learning outcomes:

- › Discover the benefits of plain-language writing
- › Become familiar with and practise plain-language writing
- › Identify key grammar and punctuation errors and correct them
- › Have greater clarity and impact – guaranteed!

Facilitator: Fiona Prince has been delivering communications-related training to groups and individuals for more than 15 years in both the public and private sector. Fiona helps people increase their productivity by helping them to understand how miscommunication gets in the way of getting important things done. She has a BFA in Theatre from the UVic, a MA in Applied Communication from Royal Roads University, and a Keirseay Temperament Theory Certification from Synergy Leaders, LLC.

Length: One day
Date: Tuesday, October 18, 2011 or Wednesday, February 1, 2012 or Thursday, May 17, 2012
Times: 9 am – 5 pm
Cost: \$175 (tax exempt)
Best to register by: Tuesday, October 4, 2011 or Wednesday, January 18, 2012 or Thursday, May 3, 2012



FIONA PRINCE

HOW TO IMPROVE YOUR WRITING – ONLINE

(Oct) PAPA2570, (Feb) PAPA2571, (May) PAPA2572

This three-week online course combines the content of How to Improve your Writing (please refer to learning outcomes on page 32) and advanced techniques. In this online course, you will receive longer writing exercises designed to apply what you've learned. Through the instructor's feedback on all units, you will benefit from individual attention while developing confidence in your writing ability.

Computer Requirements: Please visit our website for more information.

Facilitator: Fiona Prince. See bio on page 32.

Length: Three weeks online

Date: October 3-21, 2011 or February 6-24, 2012,
or April 16 – May 4, 2012

Times: asynchronous

Cost: \$295 (tax exempt)

Best to register by: Monday, September 19, 2011 or Monday,
January 23, 2012 or Monday, April 2, 2012

HOW TO TELL YOUR BUSINESS STORY ON SOCIAL MEDIA PLATFORMS

(Jan) PAPA2583, (Apr) PAPA2584

Storytelling is our natural way to communicate with one another – but how do we tell our stories on social media platforms to engage with our customer? This course specifically looks at how you – as a small business person or corporate representative – can tell your stories in video, text, or micro-blog format while keeping a consistent narrative that is clearly understandable and easy to read, watch, and enter into. Learn how to let customers become part of your story and enrich your business ROE – return on experience.

Topics:

- › Why your story is your strategy
- › How stories connect to passion, shared interests, and results
- › The nuts and bolts of social media storytelling
- › Utilizing staff stories for team performance
- › Capturing customer stories using new media
- › Finding the golden moments to create your narrative
- › Distinguish key narratives for story architecture
- › Gain confidence in your ability to use new media

Facilitator: With a degree in theatre direction, and more than 20 years in communications, **Margaret Doyle** is excited to be working on (and currently studying with New York University) immersive ways narrative can be experienced through new media. Helping businesses find their messages



MARGARET DOYLE



www.royalroads.ca/continuing-studies

and tell their stories is what ignites Doyle's work. Using digital media to evoke a compelling story is her specialization. Coaching and mentoring is integral to her approach, as she designs multi-platforms with highly crafted, strategic copy writing using "transmedia" to make her customer's story an unforgettable, participatory experience.

Length: One day

Date: Thursday, January 27, 2012 or Thursday, April 7, 2012

Times: 9 am – 5 pm

Cost: \$175 (tax exempt)

Best to register by: Thursday, January 13, 2012 or Thursday, March 24, 2012

INTRODUCTION TO APPRECIATIVE INQUIRY

PAPA2561

Appreciative Inquiry (AI) is a positive, inspiring approach to organizational change, group development, and action research. In contrast to the traditional problem-based approaches that focus on what is going wrong, AI focuses on what is working well (the appreciative stance) and by engaging people to tell their stories (the inquiry). This generates positive energy and enthusiasm within an organization and motivates people toward achieving goals.

Topics:

- › Concepts and underlying assumptions
- › Overview of the process
- › The 5D Cycle: definition, discover, dream, design and delivery/destiny
- › Learn more about group development and change processes
- › Focus on the positive and the strengths
- › Envision a preferred future seen through an AI lens

Facilitator: Doug Kerr. See bio on page 10.

Length: One day

Date: Wednesday, November 16, 2011

Times: 9 am – 5 pm

Cost: \$195 (tax exempt)

Best to register by: Wednesday, November 2, 2011

A MODEL FOR COMMUNICATION: Foundations For Success

PAPA2574

Communication is inevitable; still, we often struggle to communicate clearly and what we intend to say can get lost in translation. Sometimes it gets more than lost, it gets turned into something entirely different than what we intended – so different that it can stall an important project or ruin a family vacation. Find out why the people you care about the most may understand you the least – and vice-versa. Learn how to



Professional Advancement

manage difficult conversations and improve toxic relationships by examining your own communication styles and behaviours. This course is two non-concurrent days of face-to-face learning with a three-week online component in the middle to enhance and deepen the work.

Required Textbook: *Learning in Relationship: Foundation for Personal and Professional Success* by Ronald R. Short

Topics:

- › Interpersonal communication principles
- › Redefining your approach to relationships
- › Shifting focus from changing people to learning with them
- › Increasing self-awareness and communication choices

Facilitator: Fiona Prince. See bio on page 32.

Length: Two days + online in between
Date: Tuesday, November 15 & Tuesday, December 6, 2011
Times: 9 am – 5 pm & various asynchronous online hours
Cost: \$295 (tax exempt)
Best to register by: Tuesday, November 1, 2011

NON-VIOLENT COMMUNICATION: The Language Of Respect

(Nov) PAPA2552, (Mar) PAPA2553, (Apr) PAPA2554

Called a masterwork, compassionate Nonviolent Communication (NVC) is a powerful process for relationship building, team building, and establishing a solid relationship foundation based on trust and transparency. Emphasizing relational intelligence over intellectual analysis – and focusing on universal human needs – NVC encourages open and honest dialogue that facilitates individuals to have their input considered and valued without loss of self-esteem, build-up of resentment, coercion, or fear of retribution.

Topics:

- › The NVC four-step dialogue process
- › The keys to empathetic listening and increased self-awareness
- › Provide honest feedback, non-judgmental observations
- › Identify universal needs and make clear, effective requests
- › Transform anger

Facilitator: Rachelle Lamb. See bio on page 9.

Length: Two days
Date: Monday & Tuesday, November 28-29, 2011 or Thursday & Friday, March 15-16, 2012 or Monday & Tuesday, April 16-17, 2012
Times: 9 am – 5 pm
Cost: \$350 (tax exempt)
Best to register by: Monday, November 14, 2011 or Thursday, March 1 2012 or Monday, April 2, 2012

PROPOSAL WRITING

PAPA2564

The funding process has become more complex; therefore, proposals must be carefully prepared to address expectations and clarify needs, approaches, and outcomes. Learn to write proposals that can be easily read and understood. Make use of the question-and-answer approach to clarify needs, goals, methodology and outcomes. Be persuasive, convincing, objective, and accurate. Ask for, and get, the results you want. These two days are purposefully not consecutive to allow for time in between sessions to develop a proposal, or to work with a proposal-in-progress, while receiving direct feedback and guidance. Please see our website for complete details.

Facilitator: Brenda Robinson. See bio on page 10.

Length: Two days, non-consecutive
Date: Friday, January 20 & Friday, February 17, 2012
Times: 9 am – 5 pm
Cost: \$450 (tax exempt)
Best to register by: Friday, January 6, 2012

SOCIAL MEDIA BOOTCAMP FOR BEGINNERS

(Nov) PABS2581, (Feb) PABS2582

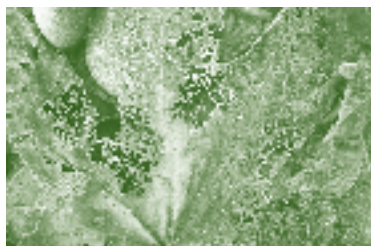
Learn how to set up and use social media tools so you can be comfortable in the most useful – and used – social platforms for personal and professional purposes.

This workshop will be a hands-on process that will enable you to set up your personal brand and utilize social media to communicate with your family and friends, enhance your career opportunities, and engage with your community. If you are an entrepreneur, it will ensure your business is on the map. In a non-intimidating environment, you will have the opportunity to delve into Twitter, Facebook, Foursquare, LinkedIn, and Wordpress, along with some other fun tools you may want to dip your toe into for fun! Coaching and support will be offered throughout as you gain confidence using the tools and understanding how to network online.

Topics:

- › Overview of top social media tools
- › Set up social media accounts with your personal brand in mind
- › Learn about protecting your privacy: what to share, what not to share
- › Find your “voice”
- › Use cool tools and “apps” for your career or business
- › Ensure your digital footprint is professional and true to who you are
- › Use Twitter, Facebook, Foursquare, LinkedIn, and blogs
- › Gain confidence in cross-channel communications and uploading

Facilitator: Margaret Doyle. See bio on page 33.



RACHELLE LAMB

Length: One day

Date: Friday, November 18, 2011 or Wednesday, February 22, 2012

Times: 9 am – 5 pm

Cost: \$125 (tax exempt)

Best to register by: Friday, November 4, 2011
or Wednesday, February 8, 2012

The complex interaction of humans, society and technology is becoming increasingly important in the modern wired world. The age-old challenge of creating knowledge and meaning is more relevant than ever as we are surrounded by a rising tide of data and information. The Division of Education Studies addresses this by offering the MA in Learning and Technology, a Graduate Certificate in Learning and Technology, and three on – credit outreach courses for K-12 teachers engaged in technology-mediated learning. www.royalroads.ca

TECHNICAL WRITING – ONLINE

PAPA2566 (online) PABS2565 (Nov)

Busy executives, professionals, and consultants often find themselves struggling to write technical reports quickly. Investing in this workshop will make it easier for you to organize your ideas so that you can communicate more succinctly and effectively; it will give you the skills you need to expedite writing tasks and persuade others that your plans and recommendations are worth acting upon. It will enable you to produce professional-quality reports in record time. The four-week online program is vastly more advanced than the one-day version and includes one-on-one feedback from the instructor and applied learning for current projects.

Topics:

- › Defining your topic, purpose, audience, scope, style
- › Selecting the right report-writing style
- › Advancing your argument
- › Organizing your research and recommendations
- › Creating that professional polish

Facilitator: Judy Carter. See bio on page 14.

Length: Four weeks online or one day

Date: January 23 – February 17, 2012 or Friday, November 4, 2012

Times: asynchronous or 9 am – 5 pm

Cost: Online \$325 (tax exempt) or One day \$215 (tax exempt)

Best to register by: Monday, January 9, 2012 or Friday, October 21, 2011

WRITING FOR THE WEB – ONLINE

PAPA2573

Despite the fact that the World Wide Web has been around for years, inappropriate and ineffective writing still diminishes its impact and usefulness. Writing for the web requires a different style and structure. For people used to writing for print production, this entails a shift in perspective: A move from telling a story from beginning to end to something akin to peeling an onion to reveal the layers of detail. Learn the secrets of effective web writing and adopt an appropriate style for this genre. Included are four optional online facilitated live sessions to enhance your learning and give you an opportunity to receive answers to your questions in real time. You will leave with the confidence to create and improve web content. Please visit our website for course details.

Facilitator: Fiona Prince. See bio on page 32.

Length: Four weeks online

Date: October 24 – November 18, 2011

Times: asynchronous

Cost: \$355 (tax exempt)

Best to register by: Tuesday, October 11, 2011

WRITING FOR THE WORLD OF WORK

PAPA2563

Business writing can tend to focus mainly on efficiency and speed, yet there can be much lost in translation (as in email). There can also be an atrophying of our basic writing abilities when we fail to review and practise the essentials of sound business writing. This course will focus on getting the results you want from your writing.

Topics:

- › Basic requirements of written communication plain language
- › Writing for the reader and checking readability
- › Getting to the point while breaking old habits
- › The importance of tone and appeal, the power of questions
- › The changing nature of letters and memos
- › Requirements, content and style, readability
- › Writing for the web and the interactive reader

Facilitator: Brenda Robinson. See bio on page 10.

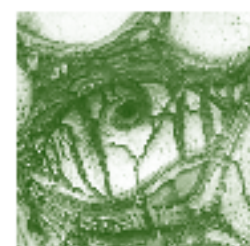
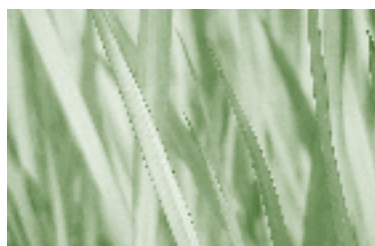
Length: One day

Date: Monday, November 29, 2011

Times: 9 am – 5 pm

Cost: \$225 (tax exempt)

Best to register by: By: Monday, November 15, 2011



TEACHING AND LEARNING

COUNCIL AS A COMMUNICATION TOOL FOR TEACHERS

(Oct) PATL2591, (Nov) PATL2592, (Mar) PATL2593

The ancient council practice of sitting in a circle, speaking and listening from the heart, can enrich any relationship. This half-day session is designed to introduce the practice of council as a communication tool for professionals in teaching, counselling and educational administration. Council can also serve as a curriculum delivery method and as an assessment tool for content. As a relational practice, it encourages self-reflection, open dialogue, and a culture of mutuality in the classroom and the broader school community. It also creates the conditions that promote both academic and emotional literacy by providing a means of exploring conflict among students. The result? Effective school communities that are, safer and healthier. Experience the basic forms of council for use in the classroom, in school meetings and begin to acquire the basic skills needed to call a council. Please visit our website for more detail.

Facilitator: Lori Austein is an educator, lawyer and mediator, as well as a certified trainer and facilitator of the council process. She spent five years working with the council program at Palms Middle School in Los Angeles, the last two as co-coordinator of the program. She has facilitated Council I, Council II, and Council I for Educators in both California and B.C. She has also presented Council to students at the Waldorf Institute of Southern California and to participants at the Association of Waldorf Schools of North America (AWSNA) Pacific Northwest Conference in Seattle in 2006, Bellingham in 2008 and Seattle in 2010.

Length: Three hours (half day)

Date: Friday, October 21 or Monday, November 25, 2011 or Friday, March 2, 2012

Times: 9am - 12 pm

Cost: \$75 + applicable taxes

Best to register by: Friday, October 7 or Monday, November 11, 2011 or Friday, February 17, 2012

EXPRESS YOURSELF! CREATIVE FACILITATION I

PATL2594

Imagine classrooms and youth programs where students are eager to learn, brimming with energy and enthusiasm. And picture yourself feeling creative and grounded in your work, enjoying yourself to the fullest. This workshop is experiential training for youth workers, teachers, artists, counsellors, and trainers who work with adults or youth. It is based on the highly successful facilitation models designed by The Power of Hope www.powerofhope.org. For in-depth course details, please visit our website.

Facilitators: Soasis Sukuweh is a passionate dancer and singer who knows that great joy comes from incorporating creativity into all we do – from cooking the evening meal to social activism. Her work with youth and adults includes : teaching pottery, leading workshops at Hollyhock, working as a counsellor on canoe trips into the Canadian wilderness, and as a lead facilitator for Power of Hope youth empowerment gatherings since 2001.

Length: Two days

Date: Saturday & Sunday, October 29 & 30, 2011

Times: 9 am – 5 pm

Cost: \$175 + applicable taxes

Best to register by: Saturday, October 15, 2011

ProD for Teachers – half-day workshops Oct 21 or Nov 25, 2011 or Mar 2, 2012 Council as a Communication Tool for Teachers, Nature-Based Practice in Elementary Schools, and Mindfulness in the Elementary Classroom.

INSTRUCTIONAL SKILLS WORKSHOP – ONLINE

(Nov) PATL2597, (Feb) PATL2598, (May) PATL2599

This course is designed to help both new and experienced instructors achieve success facilitating learning in an online environment. Key online learning concepts and principles provide many opportunities to develop online facilitation skills; there will also be opportunities to network and share ideas with other new and experienced online facilitators. The course is designed around “mini-sessions” – short online discussions that give participants an opportunity to practise techniques and receive feedback geared to growth and improvement. Please visit our website for more details.

Time Requirements: Participants should expect to set aside several hours each week to focus on readings, activities and assignments.

Computer Requirements: Prior to the course you will receive information on how to access the course and complete an orientation.

Facilitators: Taught by Instructional Designers from RRU's Centre for Teaching and Educational Technologies (CTET).

Length: Four weeks online

Date: November 14 – December 11, 2011 or February 6 – March 4, 2012 or May 7 – June 3, 2012

Times: asynchronous

Cost: \$495 + applicable taxes

Best to register by: Monday, October 31, 2011 or Monday, January 23, 2012 or Monday, April 23, 2012



SOASIS SUKUWEH



DAVE SEGAL



MINDFULNESS IN THE ELEMENTARY CLASSROOM

(Oct) PATL2588, (Nov) PATL2589, (Mar) PATL2590

Mindfulness is a method of training the mind to be present with experience in a way that is open, inquiring, and non-judgmental. Through mindfulness we develop an increasing appreciation of the role of consciousness and awareness in everything we do. For children, the ability to be self-aware provides a tool for understanding themselves, managing their emotions, and learning how to take responsibility for their own happiness. It's also fun!

Facilitator: Margo McLoughlin, M.Div, has been telling stories for more than 20 years. She is currently the 2011 – 2012 Artist-in-Residence at the Centre for Studies in Religion and Society at UVic. A frequent contributor to *Parabola: Magazine of Myth and Tradition*, Margo is also part of the Fetzer Institute's Generosity of Spirit project, which uses stories of generosity as a tool for reflection and dialogue within organizations and community groups. A graduate of the Harvard Divinity School, Margo has drawn on the healing power of storytelling in a wide variety of settings: from hospital chapels to school classrooms, and from inter-racial dialogues to conferences on philanthropy. www.thestoryfield.net.

Length: Three hours (half day)

Date: Friday, October 21, Friday, November 25, 2011 & Friday, March 2, 2012

Times: 1 pm – 4 pm

Cost: \$75 + applicable taxes

Best to register by: Friday, October 7, Friday, November 11, 2011 & Friday, February 17, 2012

Across the country, schools are experiencing ongoing difficulty recruiting qualified candidates for leadership roles. Aspiring leaders need access to relevant and accessible post-graduate programs to be able to meet the educational standards required by many school districts. The Division of Education Studies addresses this by offering a two-year MA in Educational Leadership and Management to ensure that existing and aspiring school administrators develop the knowledge and skills required to function as effective leaders within complex and challenging educational environments.

NATURE-BASED PRACTICES IN ELEMENTARY SCHOOLS

(Oct) PATL2585, (Nov) PATL2586, (Mar) PATL2587

Our educational challenge is to provide the kind of education that prepares our children for lives suited to a biosphere such as the Earth. That kind of education begins early on with creating the necessary conditions to draw out each child's natural affinity for where we live and how we are interconnected with all that lives. When a child gets to know and

closely identifies with another living being, then the child will be more likely moved to love and protect it. This workshop is intended to introduce teachers to the theory and practice of nature-based learning and specifically address curriculum, strategies, ethics and other important considerations. There will be takeaway curriculum and we will, literally, get outside!

Facilitators: Dave Segal has been facilitating therapeutic outdoor adventures for youth and families for more than 10 years. He is deeply passionate about the natural world and how the ways we relate to it influence our collective and individual well-being. He has given numerous presentations and workshops on cultivating sustainable communities and has been contributing to the emerging field of Integral Theory through his work as a counsellor, teacher and facilitator with Power to Be Adventure Therapy Society. He holds a Master's degree in Child and Youth Care from UVic.

Hilary Leighton's early deep and vivid experiences in wild nature rooted her belief that all teaching is an act of love and re/membering that everything is alive – this belief infuses her writing, teaching and learning. She is a natural educator, a perennial learner, a tireless advocate for a more sane society and a wild poet at heart! Hilary holds a MEd (Curriculum and Instruction), is studying Ecopsychology at the doctoral level, and is apprenticing in wilderness training. She is in practice as an Integrated Body Psychotherapist, is a certified Laughter Yoga Leader, a certified Myers-Briggs facilitator, a founding director of the Child Nature Alliance, and the Director of Continuing Studies at Royal Roads University. She gains inspiration from co-creating the conditions necessary for deep transformative learning and authentic connection – especially out on the land.

Length: Three hours (half day)

Date: Friday, October 21 or Friday, November 25, 2011 or Friday, March 2, 2012

Times: 1 pm – 4 pm

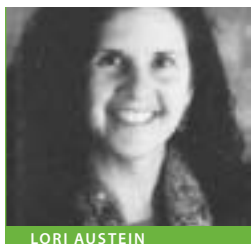
Cost: \$75 + applicable taxes

Best to register by: Friday, October 7 or Friday, November 11, 2011 or Friday, February 17, 2012

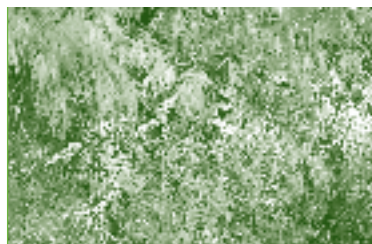
THE WAY OF COUNCIL I

PATL2595

The ancient council practice of sitting in a circle – speaking and listening from the heart – can enrich any relationship at home, in school, in the workplace, in community. Dialogic council practice is widely used in public and private schools, business organizations and communities around the world. This is a lively weekend training session for educators, therapists, business people, couples and others to enable you to integrate the methods of council into your personal and professional lives.



LORI AUSTEIN



Together we will explore open, heartfelt expression and attentive listening – both gateways to deeper communication – as well as intercultural understanding and the non-violent exploration of conflict through the demonstration and teaching of myriad forms of council. Council inspires a non-hierarchical form of deep communication that reveals both the individual's as well as the group's vision and purpose. By matching an intention of open-heartedness with full and authentic speaking, we move toward the possibility of true community where every voice is heard. You will have direct experience of many forms of council for use in the classroom, in school meetings, in the family, and in the community; you will also begin to acquire the basic skills needed to call a council. Please visit our website for a detailed topics list.

Note: This program will be held at O.U.R. Ecovillage, 1565 Baldy Mountain Road, Shawnigan Lake. Please register at Royal Roads University.

Facilitators: Lori Austein and Hilary Leighton. See bios on pages 36 and 37.

Length: Two days

Date: Saturday & Sunday, November 5 & 6, 2011

Times: 9 am – 4 pm

Cost: \$295 (tax exempt) includes lunches both days

Best to register by: Saturday, October 22, 2011

THE WAY OF COUNCIL II – Deepening The Practice

PATL2596

During this weekend training program, we will explore the importance of working with the idea of “shadow” and take our council practice into what depth psychologist James Hollis calls “the swamplands of the soul” within various types of council circles. At this point you are likely not saying, “Sign me up!” This weekend is an opportunity to step out of your comfort zone in order find unimagined growth and possibilities in the unclaimed hidden parts of yourself that can be projected onto others. Through deep listening and intuiting in innovative council practice with ourselves and others (as well as out on the land), we will deepen into the craft of council-/story-holding as well as dig into our own shadowy areas to demonstrate the exact kinds of paradox that surface whenever we are in council.

We will explore specific forms of council in answer to diverse situations and the challenges of bringing the way of council into the different parts of our lives. Sharing stories – both light and dark – of the subtleties experienced in the role of both Witness and Facilitator, we will venture together into uncharted, risky territory and challenging situations. This is where, as C.G. Jung intimated, “the gold lies.” We will also have fun together employing activities, games and other practices that contribute to finding our way into a deeper council practice.



URSULA PFAHLER



Royal Roads University Continuing Studies 2011-12

Note: This program will be held at O.U.R. Ecovillage, 1565 Baldy Mountain Road, Shawnigan Lake. Please register at Royal Roads University.

Facilitators: Lori Austein and Hilary Leighton. See bios on pages 36 and 37.

Length: Two days

Date: Saturday & Sunday, February 25 & 26, 2012

Times: 9 am – 4 pm

Cost: \$295 (tax exempt) includes lunches both days

Best to register by: Saturday, February 11, 2012

TOURISM AND TRAVEL

Tourism is a dynamic global economic force, offering excellent professional career opportunities domestically and internationally. Our School of Tourism and Hospitality Management offers both graduate and undergraduate pathways to success. Choose the on-campus BA in International Hotel Management and complete your third and fourth year in only 12 months, including an intensive industry internship. Our innovative MA in Tourism Management incorporates four graduate certificates, which can be taken individually. These are Sustainable Tourism, Tourism Leadership, Hospitality Management, and Destination Development. The program concludes with a Graduate Research Paper. Students enroll in Tourism Leadership and their choice of two additional Graduate Certificates; each of the three includes a one week on campus residency.

INTRODUCTION TO ABORIGINAL TOURISM

PATT2601

This introductory workshop provides an opportunity for aboriginal and non-aboriginal tourism entrepreneurs, students in tourism/heritage-related programs, and interested community members to learn about the benefits of aboriginal tourism. It also offers the chance to explore traditional and non-traditional partnership opportunities. Case studies and a review of best practices will provide participants with a better understanding of the sensitivities of this growing industry; this will help strengthen business ideas and tourism action plans.

Topics:

- › Understanding cultural diversity of First Nations in BC
- › Potential benefits of aboriginal tourism – working together
- › Increased awareness of and respect for cultural protocol
- › The role of tour companies and destination marketing organizations
- › An action plan



SOUIE GORUP

250-391-2600 Ext. 4801 or Toll Free 1-866-890-0220

Facilitators: Ursula Pfahler, Poda Communications, facilitates a wide variety of tourism workshops at tourism conferences and in educational institutions. With more than 13 years in B.C.'s tourism industry, she has been involved in all aspects of group travel including tour design, administration and marketing; her clients range from national and international tour companies to cultural institutions. Ursula has been a member of Aboriginal Tourism BC since 1999.

Souie Gorup is of Mi'kmaq parentage. She lives in Coast Salish territories and has worked in the treaty process with the Te'mexw Treaty Assoc., developing many friendships with the elders stories she helps document. She believes Aboriginal tourism is a vehicle to create a better understanding between cultures and empower First Nations (FN), especially youth. Souie is on the Board of Directors with Aboriginal Tourism BC and now works as an Aboriginal Advisor with the provincial government.

Length: One day

Date: Saturday, March 3, 2012

Times: 9 am – 5 pm

Cost: \$165 + applicable taxes

Best to register by: Saturday, February 18, 2012

Contract Training: If you are interested in Continuing Studies delivering any course in this calendar to your organization, or designing an affordable program to fit your organization's specific learning needs, please call 250-391-2600 ext. 4801 or email us at: continuingstudies@royalroads.ca.

"THAT TRIP REALLY CHANGED ME":

Transformations Through Tourism And Travel

PATT2602

Travel and tourism are both an economic and social phenomenon that has an impact on communities and cultures around the world. The travel and tourism phenomenon also plays a role in defining who we are. This course explores the travel and tourism experience and its transformative nature in terms of globalization, poverty alleviation, heritage and culture, and sense of place, as well as its role in shaping personal identity.

Topics:

- › Defining tourism, its history and evolution
- › Relationships between travel and globalization
- › Alleviating poverty or homogenizing culture?
- › Tourist-host interactions: cultural understanding or homogenizing culture?
- › From symbolic artifacts to sense of place: how heritage works
- › Material culture: museums, objects, and cultural attractions

- › The meaningful tourist: principles of learning and stewardship
- › Authenticity – a traveler's life

Facilitator: Geoff Bird, PhD, is Associate Professor in the School of Tourism and Hospitality Management at Royal Roads University. His research focused on the relationship between remembrance and tourism to battlefields. Dr. Bird has 25 years of tourism experience, both teaching and working in various capacities as well as living and working in Southeast Asia, Europe and North America in various sustainable tourism initiatives. His present research interests include community-based tourism development, sustainable tourism, identity and tourism, heritage and cultural tourism. Geoff will draw on international travel experiences and academic perspectives from anthropology, geography and other disciplines to explore this fascinating subject.

Length: Six hours total

Date: Wednesday, February 8, 15 & 22, 2012

Times: 7 pm – 9 pm

Cost: \$55 + applicable taxes

Best to register by: Wednesday, January 25, 2012

Five Ways to Register:

Online

Use your Visa, MasterCard or Amex online at: www.royalroads.ca/continuing-studies

By Telephone

Register by phone using Visa, MasterCard or Amex Monday to Friday 9 a.m. – 4 p.m. by calling 250 – 391 – 2600, ext. 4801 or Toll Free 1 – 866 – 890 – 0220

By Fax

250-391-2500. Complete the registration form at www.royalroads.ca/continuing-studies/about-registration.htm. Be sure to include your Visa, MasterCard or Amex information.

In Person

Office hours are Monday to Friday 9 a.m. – 4 p.m. The office is located in the Grant Building, Room 117

By Mail

Complete the registration form at www.royalroads.ca/continuing-studies/about-registration.htm and mail to: Royal Roads University, Continuing Studies, 2005 Sooke Road, Victoria, B.C. V9B 5Y2

Please include payment by Visa, MasterCard, Amex, Money Order or Cheque. Seats will only be held when accompanied by payment in full.



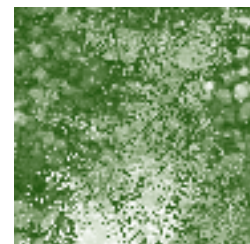
GEOFF BIRD



www.royalroads.ca/continuing-studies



Professional Advancement



ECO-ADVENTURE

SOULCRAFT™ DREAMWORK – An Advanced Intensive With The Animas Valley Institute

GLEA2605

There is no better way to deepen the conversation with soul than by attending your dreams while immersed in nature. Soulcentric Dreamwork is a central component of Soulcraft™ – a contemporary set of nature-based, cross-cultural practices designed to facilitate the encounter with soul that founder of Animas Valley Institute Bill Plotkin first wrote about in *Soulcraft: Crossing Into the Mysteries of Psyche and Nature*.

There are many forms and schools of dreamwork. Soulcentric dreamwork has the distinguishing purpose of initiating the ego on to its soul path through a familiarization with the nightworld or underworld. In our dreamwork, we will voluntarily and courageously commit ourselves to an extended stay in the soul's mysterious domain, permitting the dream to do its formidable and sometimes fearsome work on us rather than the more common approach of doing our work of interpretation on the dream. Throughout the program, we shall be engaged in a numinous dialogue with the mysteries – with much of our time spent on the land, learning from greater nature as well as our human nature. This program is a residency at Stowel Lake Farm on Salt Spring Island, B.C. (No camping options available at this time of the year.) Spaces are limited, so please register early. Registration is by brief application only, please email us at continuingstudies@royalroads.ca to inquire. **Animas Guides: Jeffrey Allen and Jade Sherer.** Please see bios on our website.

Length: Four nights, five days

Date: October 17 – 21, 2012

Times: Program begins at 1 pm October 17 & ends at 1 pm on the 21st.

Cost: \$1195 + applicable taxes (includes tuition, room and board)

Best to register by: Wednesday, September 19, 2012

DISCUSSIONS, LECTURES & FORUMS

CONSERVATION CONNECTION FORUM

(Presenters) GLDF2603, (Not for Profit) GLDF2699, (Others) GLDF2700

This full-day forum, organized by Habitat Acquisition Trust and sponsored by Royal Roads University – Continuing Studies, is an opportunity for individuals and organizations to gather for workshops, presentations, and panel discussions on the theme of Conservation Connection.

The goal of the Conservation Connection Forum is to facilitate cooperation and communication among the many organizations working

on environmental stewardship and conservation projects in the Capital Region District - it also aims to find new ways we can work together to achieve our goals. This event, going into its ninth year, provides opportunities for in-depth interaction between people working on similar issues in the community, enabling us to learn from each other, forge new partnerships, strategize together, and celebrate our successes. There will be mix of topical, facilitated discussions and capacity-building workshops. The speakers and presenters will be announced on the website.

Lunch and refreshments are included in the registration fee.

Length: One day

Date: Friday, September 30, 2011

Times: 8 am – 4:30 pm

Cost: (Presenter) \$20 + applicable taxes, (Not for Profit) \$30 + applicable taxes, (Others) \$40 + applicable taxes

Best to register by: Friday, September 16, 2011

The Green Learning series is dedicated to the way Robert Bateman has spoken out about the environment through his authentic words and images for decades, and to the educators and learners who will continue to find ways of developing a planet-wide citizenship that honours all life in support of environmental sustainability.

JOURNEY OF THE UNIVERSE: A Documentary By Brian Swimme And Mary Evelyn Tucker

GLEL2604 *In learning partnership with Programs in Earth Literacies*

This 60-minute documentary celebrates the collective inspiration of a lively and prolific 30-year friendship between three visionaries in the fields of science, evolutionary philosophy and world religions: Thomas Berry, Mary Evelyn Tucker and Brian Thomas Swimme. The film's goal is to tell the story of cosmic and Earth evolution, drawing on the latest scientific knowledge. The film aims to seed a new and closer relationship with the Earth in a period of growing environmental and social crisis; it was inspired by the "New Story" of Thomas Berry, a cultural historian who wrote *The Universe Story* with Swimme. The Journey of the Universe project evokes a shared sense of wonder as we find ourselves in the presence of the immense, complex, and self-organizing creativity of the universe and the Earth. It also evokes a profound sense of responsibility for the future of the Earth community amid the growing challenge of environmental degradation.

Facilitator: Gertie Jocksch, MDiv, DMin, is a member of the Sisters of Charity – Halifax. A passion that has continued to evolve Gertie's work has been her concern and care for Mother Earth, including teaching in the area of Ecotheology and Ecofeminism, and developing programs in Earth Literacies for the Living Language Foundation.



JADE SHERER



GERTIE JOCKSCH



JEFFREY ALLEN

Length: Two hours
 Date: Wednesday, October 19, 2011
 Times: 7 pm – 9 pm
 Cost: \$15 (tax exempt)
 Best to register by: Wednesday, October 5, 2011

SUSTAINABILITY “U”!

Sponsored by the WestShore Arts Council

With so much focus on global sustainability, how much time and energy are we actually devoting to the more personal aspects of balance and wholeness – to the human prospect?

Please join us September 22, 2011 from 6:30 pm – 9:30 pm in the Mews Conference Centre at Royal Roads University for a free-to-the-public evening showcasing leading-edge and innovative personal sustainability practices. Short half-hour preview sessions will give you a glimpse into the full courses offered throughout the year in Continuing Studies.

Experience laughter yoga, fearless painting, story-telling – and the ancient art of tea-leaf reading – as ways to tap into your creativity and intuition. Or, if you are curious about the healing arts, discover mindfulness practice, Chi Running, Qi Gong, and meditation practice. Sample healthy living through whole and wild edible foods, permaculture by design, cob-building, ecosystem based living, and the study of traditional plant knowledge called ethnobotany. Learn about how our own wild nature is best contextualized in the natural world through the lens of integral ecology, ecopsychology and The Work that Reconnects. All this and more!

Please RSVP by Sept 15th by calling 250-391-2600 ext. 4801 for planning purposes.

ENVIRONMENTAL LITERACY

CONNECTING THE ENVIRONMENT, LOCAL FOOD SECURITY AND CITIZENSHIP

GLEL2615

This course is designed to draw the connection between thinking globally and acting locally. It does this by giving a broad overview of global environmental issues and by illustrating specific local steps that can be taken to help minimize our collective impact on the planet.

Topics:

- › Overview of global environmental issues
- › Focus on deeper understanding of ecological principles
- › Local food security – value, need, challenges



www.royalroads.ca/continuing-studies

- › Sustainable forestry and certified organic farming
- › Field trip to certified organic farm and adjacent forest
- › Connecting local food security and citizenship

Facilitator: Mike Romaine holds a Bachelor of Science in Forestry, a Master's of Science in Natural Resource Management, and a Master's in Business Administration. He operates a certified organic farm in Saanich and was the Executive Director of Public Service Employees for Environmental Ethics. He was also Manager with Fisheries and Oceans Canada and Environment Canada on integrated resource management plans, inventories, assessments, and new governance models for watershed management. As Chair of the B.C. Watershed Stewardship Alliance, Mike worked in and taught community-based planning, capacity-building, and organizational development. He has served the CRD Roundtable on the Environment as Chair of the Healthy Communities Subcommittee, developing a plan of action for food security in the region.

Length: One day + one afternoon field trip
 Date: Saturday, April 14 & Saturday April 21, 2012
 Times: April 14 @ 9 am – 5 pm , April 21 @ 1 pm – 4:30 pm
 Cost: \$125 (tax exempt)
 Best to register by: Saturday, March 31, 2012

COUNSELLING AS IF THE EARTH MATTERED: Nature-Based Approaches To Therapeutic Change

GLEL2610

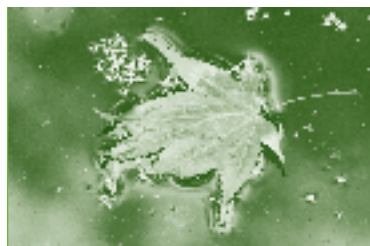
This workshop is intended to introduce those involved in the delivery of social services to the theory and practice of nature-based therapies. It will specifically address strategies, ethics and other important considerations in applying ecopsychological theory, or ecotherapies into current practice settings.

A short historical sketch of the field of applied ecopsychology and examination of existing ecotherapies will be presented, followed by a series of experiential activities that explore bringing nature into the therapeutic process as co-facilitator. In addition, low-risk nature-based approaches will be explored as an ideal expression of applied ecopsychology for interested social service providers.

Note: Continuing Education Units (CEUs) may be available in recognition of professional development – please contact our office when you register.

Topics:

- › Experience nature as co-facilitator in therapy
- › Appreciation for the pioneers
- › Limitations of current iterations of applied ecotherapy
- › Key ethical considerations in moving “therapy” outside the office
- › Explore many creative low-risk nature-based approaches



MIKE ROMAINE

Robert Bateman Green Learning Series

Facilitators: Dave Segal and Hilary Leighton. See bios on page 37.

Length: One day

Date: Saturday, March 3, 2012

Times: 10 am – 4 pm

Cost: \$135 (tax exempt)

Best to register by: Saturday, February 18, 2012

CREATING A CARBON FOOTPRINT STRATEGY

GLEL2614

A first step in developing a carbon plan for your business or organization is the calculation of your “carbon footprint” – the amount of greenhouse gas (GHG) emitted annually due to your operational activities. This course provides an overview of how to calculate GHG emissions from a firsthand perspective; it also covers issues such as emission scopes and conversion factors, providing various tools and resources available to conduct a carbon footprint analysis. We will discuss how to create a GHG mitigation plan and the many strategies available to reduce emissions or become carbon neutral through the purchase of carbon offsets.

Facilitators: Small Feet is a B.C.-based sustainability consultancy created to guide organizations through the process of understanding, improving, and communicating their environmental performance. Small Feet provides accurate assessments and GHG mitigation strategies, constructs customized carbon calculators, and delivers interactive workshops for the province and educational institutions. They aim to help individuals, enterprises, and associations benefit from integrating sustainability principles across their organization, fostering positive growth and consistent progress forward.

Length: One day

Date: Saturday, February 4, 2012

Times: 9 am – 5 pm

Cost: \$125 (tax exempt)

Best to register by: Saturday, January 21, 2012

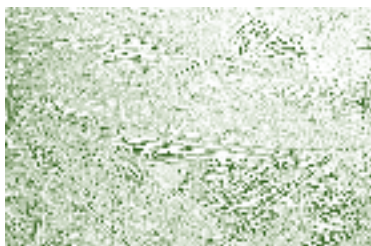
THE ECOLOGICAL CRISIS AND A NEW COSMOLOGY

GLEL2613

We are aware that we have an ecological crisis. To paraphrase Einstein, we cannot solve a problem with the same consciousness that created the problem. Or as Prince Charles stated: “It is the way we see the world that is ultimately at fault.” In this workshop, we will explore how we see the world (our cosmology) then look at one author (Thomas Berry) who offers a new way of looking at our world (New Cosmology) and explore the implications of his vision.



DUNCAN TAYLOR



Topics:

- › Reviewing the old cosmology and the implications today
- › Exploring a New Cosmology and the vision of Thomas Berry
- › Practical steps to change our life styles

Facilitators: Gertie Jocksch. See bio on page 40.

Bill Wilson is an adult educator and retired applied science technologist, now active with a number of working groups in the Transition Town initiative, including one on “Re-skilling and Food Security”. Co-founder of the James Bay Sustainability Commons (jbsc.rd123.ca/), Bill has been sprouting and fermenting for 20 years, most recently on a volunteer project in Africa.

Length: One day

Date: Saturday, February 11, 2012

Times: 9 am – 5 pm

Cost: \$75 (tax exempt)

Best to register by: Saturday, January 28, 2012

The Centre for Livelihoods and Ecology at Royal Roads University does applied research to support the development and wise use of natural resources as a way to diversify and sustain rural and resource-dependent economies. We work in partnership with First Nations and other communities, industry, all levels of governments and a wide range of other organizations to understand and improve the contribution of the natural products and services to livelihoods, employment – and income-generation, and sustainability. www.royalroads.ca/cle

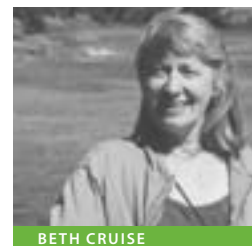
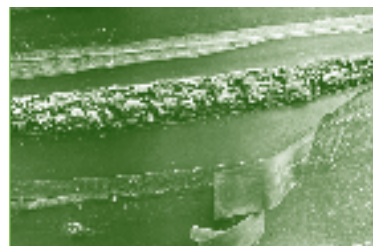
ECOPSYCHOLOGY: Compassion The Size Of A Planet

GLEL2606

Ecopsychology (EP) is an emerging and vast field that seeks to enhance our understanding of and relationship with the earth; suggesting that the needs of the one are indeed interconnected and ubiquitously relevant to the needs of the other. It is the convergence of: whole systems theory; depth, archetypal, and transpersonal psychology, deep ecology, and environmentalism. EP asserts to restore the human-nature connection, to help us reawaken to our place in the family of things and rekindle our intrinsic proclivity toward compassion for all living beings from a lens of multiple perspectives. There will be a wide range of reference materials available and time spent out on the land.

Topics:

- › The planetary IS the personal – exploring ecological identity
- › Wisdom and experiences, theories and practices of pioneers
- › Wilderness rites of passage, ritual and ceremony in coming to life
- › Ways we disconnect from nature – ways to reconnect
- › The elegance and simplicity of whole systems
- › Grief, resiliency and belonging, hope and compassion



BETH CRUISE

- › Nature as mirror and mystery
- › An ecocentric worldview

Facilitator: Hilary Leighton. See bio on page 37.

Length: Two days

Date: Saturday & Sunday April 14 & 15, 2012

Times: 10-4 pm

Cost: \$165 (tax exempt)

Best to register by: Saturday, March 31, 2012

INTEGRAL ECOLOGY: Exploring Ecopsychology Through An Integral Systems Perspective

GLEL2609

This course will introduce students to integral systems theory and demonstrate how this way of envisioning our place in the world is crucial for becoming agents of positive change at a crucial juncture in world history. Central to this are tangible and practical principles for understanding and catalyzing individual and collective change processes. Drawing on principles from the emerging fields of integral systems theory and ecopsychology, students will have opportunities to explore their own sense of embeddedness with the natural world (ecological identity), and be introduced to several outdoor activities.

Facilitators: Duncan M. Taylor, PhD, teaches at the UVic School of Environmental Studies. His research and numerous publications apply integral and complex systems theory to the understanding of individual, as well as societal and biophysical, interactions and transformations. In turn, he has focused on integral world views, B.C. forest issues, community and environmental restoration, and the value of wilderness and adventure therapy.

Dave Segal. See bio on page 37.

Length: One day

Date: Saturday, January 28, 2012

Times: 10 am – 4 pm

Cost: \$110 (tax exempt)

Best to register by: Saturday, January 14, 2012

INTRODUCTION TO COB BUILDING

GLEL2612

Cob is a building material consisting of clay, sand, water and earth. It has been used for construction since medieval times. It creates ideal structures, as cob is inexpensive, fireproof, and resistant to seismic activity. Cob building has seen a revival in recent years by the natural building and sustainability movement. The materials used in cob building are

local, long-lasting, non-toxic, and low impact. It's easy for anyone to learn cob building. It promotes community by building together. This workshop is an introduction only.

Learning outcomes:

- › Intro to the philosophy and history of cob and natural building
- › Benefits to building with earth
- › Essential aspects of building, sculpting, and finishing cob

Materials:

- › Where to locate them and how to test them
- › Siting, foundations and drainage for small structures
- › Relevant tools required
- › Try different cob mixes for different situations

Facilitator: Beth Cruise is the founder of Canadian Earth Institute. Her passion is to facilitate the exchange of ideas on how our habits and attitudes affect the environment and what each one of us can do to make a difference. Cruise encourages participation and affirms the best in each participant.

Length: One day

Date: Saturday, May 19, 2012

Times: 9 am – 5 pm

Cost: \$70 (tax exempt)

Best to register by: Saturday, May 5, 2012

PERMACULTURE BY DESIGN: How To Live Like We Plan To Stay

GLEL2611

Permaculture is a way of designing gardens and food production landscapes for humans that work with the principles of nature, rather than against them. It is based on thoughtful, lengthy observation; on looking at systems such as forests in all their functions and allowing the systems to follow their natural evolution – taking into account basic human needs such as food, water, and energy. It weaves landscape elements together in ways that reduce work, eliminate pollution, and sustainably address local needs. It helps humans fit into the natural world better than conventional exploitive models.

Topics:

- › Permaculture design: process and principles
- › Ethics, cooperation, common sense
- › Observation and landscape analysis, climatic factors
- › Soil building, food forests and plant guides
- › Organic food production and food security
- › Water: harvesting, conservation and management
- › Mapping and design exercises



Facilitator: Beth Cruise. See bio on page 43.

Length: One day

Date: Saturday, April 21, 2012

Times: 10 am – 3 pm

Cost: \$50 (tax exempt)

Best to register by: Saturday, April 7, 2012

SEEING THE FOREST AND THE TREES: A Practical Introduction To Systems Thinking

GLEL2616

Have you ever asked yourself: “Why do we keep facing the same issues over and over – spinning our wheels and never getting anywhere?” Do you feel stuck in a rut, trying to “fix” problems with the same old thinking and toolkit? What if you were able to see the problem from different perspectives, test your assumptions and get to underlying causes? What if you had ways to approach problems that engaged you and other people in thinking differently? What would happen in your organization if you shifted from simply “fixing” the problem to creating new possibilities and fresh ideas?

This one-day, highly interactive course will introduce the basics of systems thinking in the context of your organization. Through practical, hands-on approaches, you will leave with a basic understanding of systems, why this kind of thinking matters in a complex world, and practical tools to make things happen.

Facilitators: Michael Keller is an dynamic consultant, catalyst, and educator dedicated to building collaborative multicultural relationships that support personal, professional, and organizational effectiveness – relationships that work! He has proven communication, organizational and leadership abilities and holds a Master’s in Intercultural Communication. Michael is committed to empowering human potential, facilitating change, and promoting healthy communities.

Jean Singer is an innovative consultant whose dynamic participatory designs set conditions for discovery, learning and change to emerge on an individual and a collective level. Grounded in organizational and group dynamics theory, her strength lies in the design and facilitation of participatory learning environments. Jean is an adjunct, graduate faculty of Organization Development in the Center for Creative Change at Antioch.

Length: One day

Date: Friday, February 17, 2012

Times: 9 am – 5 pm

Cost: \$195 (tax exempt)

Best to register by: Friday, February 3, 2012



SARAH WEBB

WHAT IF SUSTAINABILITY WERE EASY? Reframing Life

In The Human Hive

GLEL2608

We have named it and analyzed it. We have set millennium goals, held international conferences, made national commitments. We have challenged our assumptions about sustainability, threatened its naysayers and demanded conformance to treaties, laws, and agreements. We have written books, created websites and produced documentaries. But despite all our best efforts, we still find creating sustainability as a practice is hard work!

What if sustainability were easy? What if we reframe it as rewarding? Or something that generated beauty? What if it were fun? Or a personal journey marked by laughter, love and liveliness? Shifting from the outer world to the inner world, beginning with the self, one appreciative act at a time, we will reframe sustainability. We will do so within an Appreciative Inquiry model, inviting personal curiosity, group discovery and generativity. Explore the passion of individual purpose and the power of “meshworking” – weaving together the capacities of two or more people as we craft a new story of sustainability that not only inspires possibilities, but creates whole new energies for change.

Topics:

- › Redefining sustainability in a positive way
- › Mindsets we bring to sustainability
- › Appreciative Inquiry and sustainability
- › What is Meshworking?
- › Maintaining positive sustainability practices
- › Sustainability and the wellbeing of the human hive – a new story

Facilitator: Marilyn Hamilton, Ph.D, CGA, founder of Integral City Meshworks Inc. and TDG Global Learning Connections, uses the integral framework to design change in the city that is ecologically informed and operationally integrated. She is a charter member of Integral Institute and Centre for Human Emergence Canada and International and author of *Integral City: Evolutionary Intelligences for the Human Hive*. Hamilton is associate faculty at Royal Roads University, Sustainable Community Development Graduate Certificate and School of Leadership; Adizes Graduate School; and California Institute of Integral Studies. www.integralcity.com

Length: One day

Date: Friday, December 2, 2011

Times: 9 am – 5 pm

Cost: \$195 (tax exempt)

Best to register by: Friday, November 18, 2011



JEAN SINGER



MARILYN HAMILTON

THE WORK THAT RECONNECTS

GLEL2607

Join in a life-changing experience based on the work of Joanna Macy – one where you can offer genuine witness to others, re-awaken your gratitude, and explore the interconnectedness of all life. Share your deepest concerns about our difficult times, climate change, environmental degradation and human suffering, and at the same time experience a shift to hope and renewed energy. Spend time in nature and community, learning practices and accessing creative capacities that nurture paradigm shifts and offer sustaining resources for moving forward.

Facilitators: **Jackie Larkin**, MA, is an educator and consultant who designs and facilitates courses in leadership development, strategic planning, facilitation skills, and global warming. An activist in the women's and labour movements, she integrates social justice and a deep ecological perspective in her current work with environmental non-profits. Her love for the Earth and her abiding commitment to supporting social change agents has brought her to this work.

Olive Dempsey is a transformational change and public advocacy communications consultant whose work is based in authentic leadership practices using engaging tools of facilitation, dialogue and coaching.

Length: Two days

Date: Saturday & Sunday, October 22 & 23, 2011

Times: Saturday 9 am – 8 pm, Sunday 9 am – 5 pm

Cost: \$185 (tax exempt)

Best to register by: Sunday, October 9, 2011

Focusing on current needs and trends related to sustainable societies, communities, and organizations, the School of Environment and Sustainability undertakes research to advance capacity building, collaboration and organizational effectiveness, dialogue, environmental protection, pollution mitigation, and resource stewardship. We offer BSc programs in Environmental Science and Environmental Management, MA and MSc programs in Environment and Management, and an MA and graduate certificate and diploma in Environmental Education and Communication. The Canadian Centre for Environmental Education offers education, training, professional development and accreditation for members of environmental professions. www.royalroads.ca

ENVIRONMENTAL LEADERSHIP

The courses listed here comprise the Carbon and Energy Leadership Certificate designed to broaden understanding and development of carbon and energy leadership in terms of leading environmental action, adaptation, mitigation and understanding climate change economics and



OLIVE DEMPSEY



www.royalroads.ca/continuing-studies

financing. The program is designed in six sector modules of two course units – with the option of either online or face-to-face learning or a combination of both. In order to achieve a Certificate in Carbon and Energy Leadership, students are required to complete six courses or complete the five-day Summer Institute program. This certificate is the only one of its kind in Canada, and builds on both the strength of the Royal Roads University faculty and the expertise available in B.C., which is leading the way in North America when it comes to carbon policies and programs. For more information, visit our website or call us.

ACCELERATING ORGANIZATIONAL LEADERSHIP IN CLIMATE ACTION – ONLINE

GLLE2617

Despite widespread recognition of climate change and the importance of environmental issues, many barriers prevent businesses, governments and individuals from taking meaningful action to improve environmental performance and social wellbeing. This course offers an understanding of the systems, structures, policies and attitudes that hinder leadership in sustainability; it also provides tools and strategies to transform organizations. Case studies and examples will offer concrete ways to integrate sustainability into decision-making at every level of the organization and accelerate action on the ground.

Facilitator: **Sarah Webb**, BSc, SBA, is a sustainability professional, an activist, and a mom. She currently heads up the CRD Climate Action Program, developing and implementing emissions reduction and adaptation strategies. Her professional experience includes the UVic Office of Campus Planning and Sustainability, the B.C. Ministry of Advanced Education, the Canadian Urban Transit Association, and the Centre for Urban Innovation. She is the current chair of the Victoria Car Share Co-op, on the board of the B.C. Sustainable Energy Association and Bike to Work Society, and sits on the Community Engagement Committee with the Victoria Foundation.

Length: Three weeks online

Date: February 13 – March 2, 2012

Times: asynchronous

Cost: \$295 (tax exempt)

Best to register by: Monday, January 30, 2012

ADAPTATION STRATEGIES FOR CLIMATE CHANGE – ONLINE

GLLE2619

Climate change impacts are already occurring and will increase in the future. In order to effectively plan and prepare for a future with an altered climate, it is important to understand the future climate in B.C. and what



MICHAEL KELLER



JACKIE LARKIN

Robert Bateman Green Learning Series

adaptations will be required as a result of climate changes. This course examines climate change models and their predictions of future environmental and natural conditions – such as rainfall, temperature, and sea level – and how those conditions will have an impact on the natural capital relied upon by communities, businesses and individuals. The course will bring larger climate concerns to a local level, and discuss specific examples of climate impacts. It will also look at how climate changes can be incorporated into current operations and planning to ensure resilient and sustainable communities in a future under global climate change.

Required Text: Download the free report: *From Impacts to Adaptations, Canada in a Changing Climate*, Lemmen et al., 2008. adaptation.nrcan.gc.ca/assess/2007/index_e.php

Facilitators: **Dr. Audrey Dallimore** is core faculty of the School of Environment and Sustainability at Royal Roads University. As a marine geologist, her research uncovers the natural state of our oceans and atmosphere, before humans were having an impact on our global environment. This research informs her work with B.C. communities and public outreach education, to put the knowledge of how to adapt to global climate change in the hands of individuals and communities as they plan for a resilient future.

Danielle Jmieff, BSc, (Geography) MSc, (Environmental Geomorphology) is a climate policy analyst in the Climate Action Secretariat (CAS), of the B.C. Ministry of Environment. She was previously a marine scientist with the Geological Survey of Canada and has worked on many climate-change related projects as a contractor.

Length: Three weeks online

Date: April 2 – 20, 2012

Times: asynchronous

Cost: \$295 (tax exempt)

Best to register by: Monday, March 19, 2012

CARBON AND ENERGY LEADERSHIP SUMMER INSTITUTE – Residency Program

(June 18 through 23, 2012) GLLE2629

Become an energy leader. Join experts, representatives of the provincial and local governments, NGOs and private business to gain the knowledge and leadership skills necessary to facilitate a low-carbon future. In an intensive five-day residency on campus at RRU, participants will earn The Carbon and Energy Leadership Certificate and have the opportunity to apply for university credit, if desired. Learning modules will be presented in half-day segments and will include: influencing change and leading environmental action, sustainable transportation, forest carbon and forest science, adaptation and mitigation strategies, green energy, carbon economics and building a business case for sustainability. There will be

keynote and session speakers from across industry, academia and government, case studies and corresponding field trips that demonstrate carbon and energy projects on the ground. There will be plenty of opportunity for networking and interaction. Plan to stay in residence and take advantage of the evening events and happenings on this astonishing campus. Please watch our website for more details and tuition and event pricing.

CARBON ECONOMICS AND CARBON MARKETS – ONLINE

GLLE2623

Economic approaches for addressing greenhouse gas emissions – such as cap-and-trade systems, carbon offsets and carbon taxes – have gained favour in recent years. Carbon market transactions now exceed \$100 billion per year, and carbon finance is a rapidly growing field. B.C. has been a leader in North America in adopting economics-based policies to address carbon emissions, such as its carbon tax on gasoline and natural gas, carbon offset requirements for provincial organizations, and its leading role in the development of cap-and-trade emissions reduction requirements for B.C. businesses through the Western Climate Initiative (WCI). This course provides an overview of the economic principles and incentives that support market-based approaches to reducing greenhouse gas emissions, such as emissions offsets, cap and trade systems and global carbon markets, and examine the current and proposed use of carbon markets and emissions trading in BC and around the world.

Facilitator: **Charles Krusekopf**, PhD, (Environmental Economics) is core faculty in the School of Environment and Sustainability at Royal Roads University. His current research focuses on the use of behavioural economic incentives and social marketing to achieve environmental objectives, and the growth of carbon markets worldwide. He teaches courses in environmental economics and sustainability. He recently held a teaching and research fellowship at the University of Applied Sciences in Munich, Germany where he explored the development of European carbon markets and environmental policies.

Length: Three weeks online

Date: January 23 – February 10, 2012

Times: asynchronous

Cost: \$295 (tax exempt)

Best to register by: Monday, January 9, 2012

DEEP CLEAN: In-Depth Energy Options For The Workplace And The Community

GLLE2622

This one-day course looks at an economic analysis of efficiency/clean energy options, with an emphasis on the workplace and the community. It includes a group assignment to develop a plan for a typical public-sector office.



AUDREY DALLIMORE



ANDREW PAPE-SALMON



Topics:

- › Clean electricity options at a community level and on a larger scale
- › Human and social dimensions of energy conservation, including “occupant engagement” case studies
- › Economics, including cost-benefit analysis
- › Business aspects of efficiency/clean energy
- › Group assignment, including use of online tool (SMARTTOOL) for public-sector buildings

Learning outcomes:

- › Awareness of technical, market, economic and business aspects of energy options
- › In-depth understanding of energy use in public-sector workplace
- › Understanding of government policy, legislation and regulations
- › Basic cost-benefit (financial) analysis
- › Awareness of the role of energy utilities
- › Human and social dimensions of energy conservation

Facilitator: Andrew Pape-Salmon is a professional engineer who has passionately worked on clean energy solutions since 1994. As the Director of the Energy Efficiency Branch with the B.C. Ministry of Energy and Mines, Andrew has expertise in economics, government policy, business and public administration. He focuses on renewable energy supplies and their use for buildings and electricity system planning, as well as renewable energy supplies at a community, neighborhood and building scale.

Length: One day

Date: Thursday, November 17, 2011

Times: 9 am – 5 pm

Cost: \$225 (tax exempt)

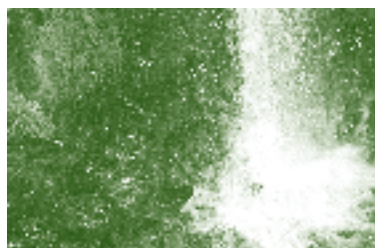
Best to register by: Thursday, November 3, 2011

DEVELOPING OR BUYING CARBON CREDITS

GLLE2624

This course offers an in-depth examination of how to develop or buy a certified emissions reduction project in a carbon market, such as the Pacific Carbon Trust (PCT) or through voluntary markets. This is a step-by-step guide for people who want to develop and sell carbon credits for a greenhouse gas emissions reduction project; the course will also offer information for buyers on how to identify quality projects and partners, and avoid risk. Participants will examine case studies and market rules to understand how to identify a potential project, develop the necessary data, find financing, and meet the requirements for project verification and validation. They will gain an understanding of the information and personnel required to develop or evaluate a successful project.

Facilitator: Dr. Charles Krusekopf. See bio on page 46.



www.royalroads.ca/continuing-studies

Length: One day

Date: Friday, February 24, 2012

Times: 9 am – 5 pm

Cost: \$225 (tax exempt)

Best to register by: Friday, February 10, 2012

FOREST CARBON DYNAMICS 101 – ONLINE

GLLE2625

Global climate change is one of the most important environmental challenges facing society today. The burning of fossil fuels and, to a lesser extent, changes in land-use patterns, have led to increased concentrations of greenhouse gases in the atmosphere, which are affecting the earth’s climate. Not all of the greenhouse gases we produce stay in the atmosphere – almost half are taken up by the ocean, land, and freshwater ecosystems. Carbon uptake in forests is an ecological service that is becoming one of the priorities for natural resource managers and society as a whole. This course will introduce learners to the science of carbon cycling in forest ecosystems and as consumer products.

Topics:

- › How does carbon flow through forest ecosystems and wood products?
- › What are the major influences of sinks and sources?
- › How do we measure and simulate forest carbon dynamics?
- › How do activities influence carbon sinks and sources?
- › Can projects in forests make reliable and credible carbon offsets?

Facilitator: Caren Dymond is a forest ecologist who has worked in research and operations for 13 years. For the last seven years, she has focused on forest carbon dynamics and estimating greenhouse gas emissions. She works as a carbon and climate change research scientist for the B.C. Forest Service.

Length: Three weeks online

Date: November 28 – December 16, 2011

Times: asynchronous

Cost: \$295 (tax exempt)

Best to register by: Monday, November 14, 2011

FOREST CARBON PROJECTS ON THE GROUND

GLLE2626

A case study approach for land managers, woodlot owners, planners, landowners and others involved in nature conservation and sustainable forestry wanting to learn more about forest carbon offset projects, and their potential for revenue to support this key climate action priority to maintain sinks.

Learning outcomes:

- › How forest carbon offset projects work – from the ground up



CHARLES KRUSEKOPF



Robert Bateman Green Learning Series

- › Tap into this new revenue stream for protecting sinks
- › Standards, protocols and role of different professionals and agencies in these projects
- › How to take the idea to the next stage

Facilitator: Briony Penn, PhD, is the manager of Living Carbon, a 100% non-profit-owned forest carbon development company with a specialty in conservation offsets. She has 22 years of experience in the land stewardship sector, both as a professional consultant and as a volunteer. Briony is also a well-known lecturer, writer and educator. After two years consulting to the Land Trust Alliance of B.C. on the climate and conservation file, she took on the start-up of Living Carbon in conjunction with the Brinkman Earth Systems team. Her role with Living Carbon is to continue building opportunities for land trusts, local government, First Nations, landowners and community leaders in the carbon economy; to ensure that standards meet the high expectations and mandate of the non-profit sector and communities; and to provide the liaison between the various partners.

Length: One day

Date: Friday, March 30, 2012

Times: 9 am – 5 pm

Cost: \$225 (tax exempt)

Best to register by: Friday, March 16, 2012

GREENING ENERGY: Efficiency Options In Residential Settings – ONLINE

GLLE2621

This course focuses on energy basics and efficiency/clean energy options for houses, including an assignment to develop a clean energy plan for your own house.

Topics:

- › Energy literacy (technical)
- › Technical and market primer on energy efficiency options for houses, apartments, commercial, and institutional buildings
- › Clean energy options for houses, buildings and neighborhoods (electrical and thermal)
- › Home energy assignment, including use of web-based tools from B.C. Hydro

Facilitator: Andrew Pape-Salmon. See bio on page 47.

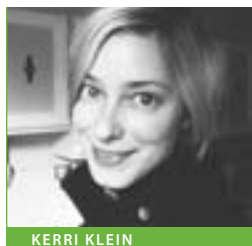
Length: Three weeks online

Date: April 23 – May 11, 2012

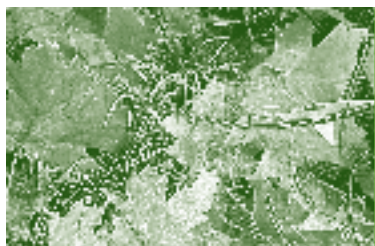
Times: asynchronous

Cost: \$295 (tax exempt)

Best to register by: Monday, April 9, 2012



KERRI KLEIN



Royal Roads University Continuing Studies 2011-12

PLANNING IN COMMUNITIES FOR THE LOW-CARBON ECONOMY

GLLE2620

Communities are playing a leading role in developing policies and strategies to reduce greenhouse gas emissions; they also have a key role in shaping land-use and infrastructure design for transportation, energy, water, waste and buildings, and in public engagement around climate issues. In B.C., communities have been encouraged to integrate energy and carbon strategies in community plans. This course helps community planners, municipal staff and residents understand how to effectively develop and utilize carbon and energy strategies. It offers an overview of the planning process as well as specific actions and strategies that communities in B.C. and elsewhere have successfully adopted.

Facilitator: Emilie K. Adin heads the Planning Department for the City of North Vancouver. Her articles on urbanism have been published in newspapers, magazines and journals, and as a chapter in the book, *Just Doing It*. She holds a Master's degree in planning from UBC, an Urban Design Certificate from SFU, and a certificate in sustainability planning from La Universidad de la Habana, Cuba.

Length: One day

Date: Friday, April 13, 2012

Times: 9 am – 5 pm

Cost: \$225 (tax exempt)

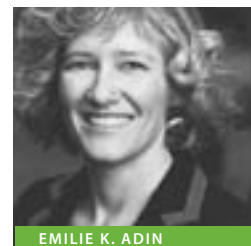
Best to register by: Friday, March 30, 2012

PLUG-IN VEHICLES AND CYCLING: Building Transportation Alternatives For Everyone

GLLE2628

Current transportation practices are unsustainable. On an increasingly larger scale, they are having negative impacts on economies, societies and environments. This course explores three key modal opportunities to build sustainable community transportation systems (within the context of planning for walkability): plug-in vehicles, cycling and electric transit. We will explore an expanded role for plug-in vehicles to trigger an integration of energy and transportation systems and to support funding for cycling and transit. As well, we will examine the conditions necessary for actualizing modal shifts. Shifting modes will require a bold and integrated vision to change behaviours, technologies and infrastructure systems. It will also require a carefully choreographed range of demonstrably beneficial instruments to achieve success. We will explore how to engage political and public actors to create and support a broad range of opportunities, from active transportation and transit to a resilient, intelligent, and integrated energy and transportation system.

Facilitator: Arne Elias is passionate about building corporate and community sustainability, particularly in urban transportation and energy.



EMILIE K. ADIN

250-391-2600 Ext. 4801 or Toll Free 1-866-890-0220

He brings a breadth of expertise to this task, including his role as the past Executive Director of the Centre for Sustainable Transportation at the University of Winnipeg. Dr. Elias held the B.C. Hydro Desk during his Ph.D. and he's taught at UBC. He holds an MBA, has worked in the private and public sectors and consulted broadly. During the last decade, he has created advanced integrative approaches to deliver transportation and energy sustainability, utilizing technological and social drivers of change.

Length: One day
Date: Friday, November 25, 2011
Times: 9 am – 5 pm
Cost: \$225 (tax exempt)
Best to register by: Friday, November 11, 2011

PUBLIC ENGAGEMENT AND COMMUNICATION: *Influencing Change For Sustainability*

GLLE2618

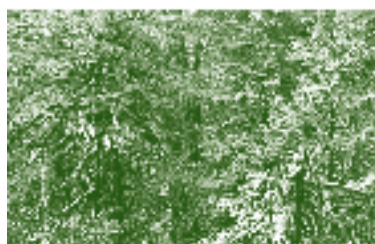
Many environmental issues are related to the behavioural choices made by individuals. However, behaviors are influenced by a complex intersection of personal, social and structural factors. To improve the effectiveness of environmental programs, it is important to understand how and why people make the choices they do and how different approaches and strategies can support personal and collective changes for less of an environmental impact. This course will explore the “people change” dimension of climate change. It will include an overview of emerging research on behaviour change and present a spectrum of methods for engaging individuals in lower carbon choices, including community-based social marketing. This day will be interactive and learners will be supported in applying specific methods to a chosen issue.

Facilitators: **Kerri Klein**, BSc, is an adult educator, facilitator and consultant in the field of sustainable community development. She offers capacity-building support to organizations by convening spaces for collective inquiry, meaningful dialogue and problem solving across disciplines. Currently, she is the Provincial Facilitator with B.C. Healthy Communities and an associate with Sustainability Solutions Group. Klein is also a MA candidate in Environmental Education and Communication at Royal Roads University.

Stacy Barter, MEd, is an organizational and community development consultant who has worked for more than 15 years with a wide range of community, non-profit, and public sector organizations in Canada and Latin America. She is a dynamic facilitator who brings extensive experience designing and leading innovative programs and training in the areas of community engagement, sustainability, and leadership development.



ARNE ELIAS



www.royalroads.ca/continuing-studies

Length: One day
Date: Thursday, December 8, 2011
Times: 9 am – 5 pm
Cost: \$225 (tax exempt)
Best to register by: Thursday, November 24, 2011

ROUTES TO SUSTAINABLE TRANSPORTATION AND ENERGY – ONLINE

GLLE2627

Current transportation practices are unsustainable. They will have increasingly larger scale negative impacts on economies, societies and environments. This online course will provide a comprehensive overview of the current transportation situation and the opportunities to advance transportation sustainability and produce actionable results in communities and regions across Canada. As energy and transportation systems become increasingly linked, the opportunities for a fundamental and beneficial transformation of both systems offer a way out of our current dilemma.

Participants will be introduced to an integrated and comprehensive perspective on current transportation concerns that will help them better understand the day-to-day and strategic issues involved in transportation. They will also acquire a strong understanding of future problems and opportunities, including increasing convergence with the electricity grid, and the types of behavioural, technological and infrastructure changes that will be required. The desired outcome of this introductory course is to trigger a shift in thinking about how transportation and energy practices are carried out in daily decision-making and strategic planning.

Facilitator: **Arne Elias**. See bio on page 48.

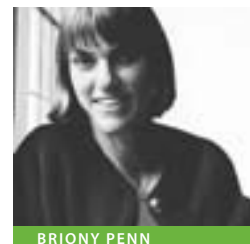
Length: Three weeks online
Date: March 5 – 23, 2012
Times: asynchronous
Cost: \$295 (tax exempt)
Best to register by: Monday, February 20, 2012

HORTICULTURE

ECOLOGICAL LANDSCAPE DESIGN

(Semester 1) GLHO2634 (Semester 2) GLHO2635

Landscape health starts with intelligent design. Explore the intricate relationships within ecosystems, and how you can work with them to create vibrantly beautiful and healthy gardens.



BRIONY PENN

Robert Bateman Green Learning Series

Landscape professionals earn generous pre-approved Continuing Education Credits to maintain industry certifications (ISA, CNLA, BCCLA, SOUL). Please call our office to inquire.

Note: This is a two-semester, part-time access program. Each semester has different content and consists of 18 three-hour sessions, which should be taken concurrently.

Main Subject Areas:

- › Ecology and Plant Knowledge: 10 sessions
- › Design and Construction: 16 sessions
- › Drafting: 8 sessions
- › Student Presentations: 2 sessions

Facilitator: Heide Hermary has a Diploma in Horticulture, and a Master's degree in Sustainable Agriculture. She integrates her extensive experience and knowledge from many disciplines to present truly revolutionary educational programs in organic horticulture. Heide is president of Gaia College and co-founder of the Society for Organic Urban Land Care. In 2007 she published *Working With Nature – Shifting Paradigms* and in recognition of her efforts that year, she received the B.C. Landscape & Nursery Association's Educator of the Year award.

Length: 18 sessions each semester
Date: Semester 1 – Monday, Wednesday & Saturday, September 14 through to November 30, 2011
Semester 2 – Monday, Wednesday & Saturday, January 9, through to March 21, 2012
Times: Wednesday 6:30 pm – 9:30 pm, Saturday 9 am – 12 pm
Cost: \$550 (tax exempt) per semester
Best to register by: Semester 1 – Monday, September 9, 2011 or Semester 2 – Monday, December 26, 2011

FREE INFORMATION SESSION: Certificate In Ecological Landscape Design

Come and bring your questions about this popular course, which continues to inspire landscape professionals and home gardeners alike. This may be what you have been looking for if you are: considering a career in landscape design; a landscaper wishing to offer more professional design services, or a home owner looking to design your own garden more professionally.

Facilitator: Heide Hermary. See bio on this page.

Length: One hour
Date: Wednesday, September 14, 2011
Times: 7:30 pm – 8:30 pm
Please call to reserve a seat.

FREE INFORMATION SESSION: Growing Food

Whether you are interested in pursuing the Diploma in Organic Land Care, or simply want to gain deeper knowledge about the plants you see in our urban environment, come and bring your questions!

Facilitator: Heide Hermary. See bio on this page.

Length: One hour
Date: Monday, January 30, 2012
Times: 6:30 pm – 7:30 pm
Please call to reserve a seat.

FREE INFORMATION SESSION: Organic Master Gardener Program

Come and bring your questions about our unique Organic Master Gardener Course. Students have called it "life changing" – because once you truly understand the connection between soil health, plant health, human health and environmental health you will look at the world through different eyes. For more information about the course, please visit the Gaia College website at www.gaiacollege.ca/gardener

Facilitator: Heide Hermary. See bio on this page.

Length: One hour
Dates: Tuesday, September 13, 2011 or January 3, 2012 or March 13, 2012
Times: 6:30 pm – 7:30 pm
Please call to reserve a seat.

FREE INFORMATION SESSION: Plant Knowledge

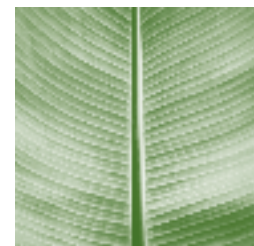
Come and bring your questions to our unique Plant Knowledge Course. Students have called it "life changing" – because once you truly understand the connection between soil health, plant health, human health and environmental health you will look at the world through different eyes. For more information about the course, please visit the Gaia College website at www.gaiacollege.ca/gardener

Facilitator: Heide Hermary. See bio on this page.

Length: One hour
Date: Thursday, February 23, 2012
Times: 6:30 pm – 7:30 pm
Please call to reserve a seat.

GROWING FOOD IN THE CITY

GLHO2636
Are you concerned about where your food comes from, what's in it (or on it), or simply getting the best nutrition possible for your family? Then growing your own vegetables and fruit is the answer. In this unique and



timely course you will learn essential permaculture and organic gardening techniques. This practical, hands-on course is open to everyone; no prior education or gardening experience required. Students are encouraged to grow their own garden during the year, putting the newly acquired knowledge and skills to practice. Of the 20 sessions, six to eight will be in the classroom and the rest will be practical labs held in students' gardens. There are no pre-requisites, but the Organic Master Gardener Course would be highly beneficial, either before, during or after this program. Please see our website for more details.

Facilitator: Heide Hermary. See bio on page 50.

Length: 20 sessions

Date: Saturday, March 3, 2012 through to September 22, 2012

Times: Monday, 6:30 pm – 9:30 pm & Saturday 1 pm – 4 pm

Cost: \$550 + applicable taxes

Best to register by: Monday, February 20, 2012

ORGANIC MASTER GARDENER PROGRAM

(Sept) GLHO2631, (Jan) GLHO2632, (Mar) GLHO2633

Here it is! Finally, a comprehensive organic gardening course for urban garden enthusiasts – and no previous experience is required! Organic gardening practices are based on the understanding that we are but stewards of the land, and can at best hope to work with nature, never to dominate it. This is a practical, experienced-based course, consisting of lectures and hands-on exercises. To receive a Certificate of Completion, students must attend all sessions as well as complete and present a satisfactory assignment. Students must have: Internet access and an email account, basic gardening tools (including bypass pruners), and transportation to offsite events. Please visit the website for more details.

Learning outcomes:

- › Learn to create fabulous gardens without pesticides and chemicals
- › Become an OMG and share your knowledge
- › Gain essential organic gardening skills to start your own business
- › Earn generous Continuing Education Credits to maintain your industry certifications (ISA, CNLA, BCSLA, SOUL, and B.C. Provincial Pesticide Applicator)

Offered in partnership with SOUL (Society For Organic Urban Land Care) and Gaia College. For more information about the course please contact Gaia College at info@gaiacollege.ca.

Fees include all textbooks, handouts and supplies; one-year access to the Gaia College on-line text *Organic Land Care – Working With Nature*; and a one-year membership to the Society for Organic Urban Land Care.

Facilitator: Heide Hermary. See bio on page 50.



www.royalroads.ca/continuing-studies

Length: Eight weeks

Date: Tuesday, Thursday & Saturday, September 27 through to

November 17, 2011 or January 17 through to March 8, 2012

or March 27, through to May 17, 2012

Times: Tuesday & Thursday eve 6:30 pm – 9:30 pm, Saturday 9 am – 12 pm

Cost: \$695 (tax exempt)

Best to register by: Tuesday, September 13, 2011 or Tuesday, January 3,

2012 or Tuesday, March 13, 2012

ORGANIC SOIL MANAGEMENT

GLHO2630

In the past, we've looked at soil primarily as a "growing medium" – something lifeless and sterile. But soil is the exact opposite – it's an ecosystem, and needs to be managed as such. The greatest biodiversity on earth occurs – or should occur – in the top few inches of soil, as it is the foundation of landscape health. Whether you grow ornamental gardens, turf or vegetables, you need to understand how soil works. Soil ecosystem health, plant health and human health are inseparably linked. Our job is primarily one of fine-tuning. Please visit the website for more details.

Landscape professionals earn generous pre-approved Continuing Education Credits to maintain industry certifications (ISA, CNLA, BCSLA, SOUL). Please call our office to inquire.

Facilitator: Heide Hermary. See bio on page 50.

Length: Three days

Date: Friday, Saturday & Sunday, January 27, 28 & 29, 2012

Times: 9 am – 5 pm

Cost: \$395 + applicable taxes

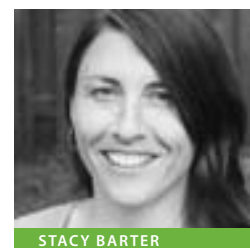
Best to register by: Friday, January 13, 2012

PLANT KNOWLEDGE FOR ORGANIC GARDENERS

GLHO2637

Organic gardeners focus on the creation of plant and landscape health. Plant health starts with the right growing conditions. Most of the plants used in our ornamental gardens did not evolve in our climate – are we able to provide them with the soil, water and climate conditions they need to flourish? What about companion plants?

Over the course of several months, you will learn to identify approximately 300 plants. For each plant you will then explore its ecosystem of origin, and under which conditions it thrives best. You will learn how it adapts to our environment, and how you can provide it with optimal care. Finally, you will learn about its non-ornamental uses, such as food,



STACY BARTER

Robert Bateman Green Learning Series

medicine, fibre, etc. This course is open to all who wish to learn more about plants. No prior knowledge or experience required.

Landscape professionals earn generous pre-approved Continuing Education Credits to maintain industry certifications (ISA, CNLA, BCSLA, SOUL). Please call our office to inquire.

Facilitator: Heide Hermary. See bio on page 50.

Length: 14 sessions

Date: Thursday & Saturday, March 15 through to September 29, 2012

Times: Thursday eve 6:30 pm – 9:30 pm , Saturday 9 am – 12 pm

Cost: \$550 + applicable taxes

Best to register by: Thursday, March 1, 2012

NATURE

BEEKEEPING: Intermediate

GLNA2641

This intermediate workshop offers participants both theory and practical field experience in the art of beekeeping at a more advanced level. As a pre-requisite, registrants must have kept bees for at least one complete season and have a good basic knowledge of fundamental beekeeping techniques.

Topics:

- › A brief history of beekeeping and the evolution of honeybees
- › The honeybee anatomy, form and function
- › Individual and social physiology of honeybees
- › Products of the hive: honey, pollen, propolis, beeswax, Royal Jelly
- › Development and nutrition
- › Pheromones and the chemical world of bees
- › The collection of food and other resources
- › Reproduction, swarming, and supersedure
- › Queen production and mating
- › Seasonal considerations for maximizing colonies
- › Supering for maximum honey production
- › Crop removal, processing, packaging and marketing
- › Disease and pest management strategies – and more!

Facilitator: Bob Liptrot has been beekeeping for 45 years in the Fraser Valley and, for the past 12 years, here in Sooke. Bob holds a Master's in Entomology from SFU. He also makes mead (honey wine) and is the owner of the first meadery in Western Canada, Tugwell Creek Honey Farm and Meadery www.tugwellcreekfarm.com

Length: Five evenings, three hours each

Date: Tuesday & Thursday February 7, 9, 14, 16, & 21, 2012

Times: 7 pm – 10 pm

Cost: \$255 + applicable taxes

Best to register by: Tuesday, January 24, 2012

CAN I EAT THAT MUSHROOM? A Mycological Adventure

GLNA2638

This is an identification course of edible mushrooms for beginners and also for those who know a few mushrooms and want to learn more. It will be very hands-on, with a brief foray on the grounds of Hatley Park, gathering mushrooms to identify, a parataxonomy session, an introduction to field guides, and a slide show with extensive discussion. Day two will be a field trip to a nearby location. Mushroom cleaning and storage techniques will also be discussed. A fun and informative weekend in and out of the woods!

Topics:

- › Parataxonomy exercise
- › Mycology and identifying characteristics of wild edible mushrooms
- › Recognition of conditions likely to yield wild edible mushrooms
- › Cleaning and storage of wild edible mushrooms
- › How not to get lost while mushrooming in the forest

Note: Participants will require wicker baskets or plastic buckets for collections. Dress appropriately for a hike in the woods, rain or shine. Gear list will be provided after registration.

Facilitator: Shannon Berch works on forest soil conservation, soil biology, and Non-Timber Forest Products (NTFPs), especially edible mycorrhizal mushrooms, and integrating management of important harvested forest mushrooms – such as the pine mushroom, chanterelles and many others – into forest management. Shannon is a founding member of the Sotu Vancouver Island Mycological Society and also a member of the Truffle Association of B.C., which is dedicated to the development of a Périgord Black Truffle farm sector in the province.

Length: Two days

Date: Saturday & Sunday, November 12 & 13, 2011

Times: 10 am – 4 pm

Cost: \$115 (tax exempt)

Best to register by: Saturday, October 29, 2011

A GREEN CHRISTMAS: The Hands-On Making Of Fresh Wreaths, Swags, And Garlands

GLNA2639

Using native B.C. boughs, greens and cones, join acclaimed wild crafter Betty Foote in a relaxed and productive day of creating fragrant Christ-



SHANNON BERCH



PAKKI CHIPPS

mas decorations from the wild. This workshop is informative, fun and interactive, and you will leave with heaps of decorations for your entire home at an incredible savings – all made by your own ingenuity. Making decorations by hand is a wonderful way to bring meaning, focus and beauty to the holiday.

Note: All supplies included. Register early as this workshop fills quickly.

Length: One day

Date: Saturday, December 10, 2011

Times: 10 am – 2 pm

Cost: \$65 + applicable taxes

Best to register by: Sat. November 26, 2011

INTRODUCTION TO BEEKEEPING

GLNA2640

Over four evenings and two Saturdays, this introductory workshop offers participants both theory and practical field experience in the art of beekeeping for beginners.

Topics:

- › A general history of beekeeping
- › Structure of the honeybee colony
- › Physiology of the domestic honeybee
- › The players in the colony
- › Beekeeping equipment and methods of start-up
- › Honeybee nutrition and production of nectar and pollen
- › Swarming and control methods
- › Natural and integrated pest management
- › Hive management for honey production
- › The harvest, hive products, production and processing
- › Diseases and pests of honeybee – and more!

Note: You will require a light bee veil for over-the-head protection for the field session; it can be purchased during the first evening of the course or see website for more locations. A detailed set of reference material and suggested additional reading is provided with the course.

Facilitator: Bob Liptrot. See bio on page 52.

Length: Four evenings, one day

Date: Tuesday & Thursday April 3, 5, 10 & 12, & Saturday April 14, 2012

Times: eve 7 pm – 10 pm, Saturday 10 pm – 4 pm

Cost: \$215 + applicable taxes

Best to register by: Tuesday, March 20, 2012

PLANT WALK – Learning The Traditional Use Of Plants

GLNA2642

This is a three-hour ethnobotanical walk to become familiar with local and native plants and talk about their traditional uses. There will be time to stop and reflect about the plants and the way we think about them. This is not designed for herbalists or anyone wishing to learn about traditional plant use for their own financial gain, rather it is only for personal growth and enjoyment.

Facilitator: Pakki Chipps, BA, MA, PhD, is a status member of the Beecher Bay First Nation on southern-western Vancouver Island, with Danish and Illulisah (Greenland Inuit) ancestry. Her doctoral degree in Education (Curriculum and Instruction), concentrated on curriculum development, educational technology, multimedia development and ethnobotany. She has just returned from teaching in Greenland for two years.

Length: 4 hours

Date: Saturday, May 5, 2012

Times: 10 am - 2 pm

Cost: \$45 + applicable taxes

Best to register by: Saturday, April 21, 2012

STARGAZING

(Adult) GLNA2258, (Senior/Student) GLNA2259

Discover and locate different constellations in our hemisphere as we get into the autumn constellations. Identify a planet versus a star. For all ages, children most welcome!

Facilitator: Greg Higgs became interested in astronomy as a young elementary student studying planets. He is a member of the Royal Astronomical Society of Canada, and been involved with Sidewalk Astronomy, which goes out and shows the public about the universe, stars and planets – making it all accessible to everyone.

Length: Three hours

Date: Saturday, September 24, 2011

Times: 6 pm – 10 pm

Cost: (Adult) \$15 + applicable taxes,

(Senior/student) \$10 + applicable taxes – children under 10 free with adult

Best to register by: Saturday, September 10, 2011



GREG HIGGS



BOB LIPTROT



ART AND CULTURE

ABORIGINAL WAYS OF BEING AND KNOWING:

Introduction To Coast Salish Culture

(Nov) TAAC2643, (Mar) TAAC2644

Experience a rich, day-long interactive immersion in Coast Salish culture, a complex heritage thousands of years old and deeply rooted in the natural world. This gathering will help foster a deeper understanding of traditional Aboriginal culture, as well as an appreciation for the contributions of Aboriginal ways of knowing within our contemporary culture.

Topics:

- › Art and storytelling in Coast Salish design
- › Male and female roles in traditional society
- › Sustainable living practices and traditional land use
- › Ethnobotany
- › Feasting and public ceremonies

Facilitator: Charlene George. See bio on page 11.

Length: One day

Date: Friday, November 18, 2011 or Saturday, March 24, 2012

Times: 9:30 am – 4:30 pm

Cost: \$125 (tax exempt)

Best to register by: Friday, November 4, 2011 or Saturday, March 10, 2012

CONSIDERING 3D – Basics Of Abstract Sculpture

TAAC2646

This hands-on workshop explores basic forms as the essence of abstract sculptural practice. All sculpture begins with the understanding of spheres, tetrahedrons (pyramids) and cubes, which each participant will use as a starting point to build their own abstract sculptures. Using wire frame, wire mesh and plaster bandages, participants will learn how to construct the essence of abstract forms. From that starting point, development of those forms will use repetition, incising of forms, mirroring (and more) as techniques to expand your personal vision.

Facilitator: Debora Allana graduated from the Ontario College of Art in Experimental Art. Known for her installation work and "Photo-poetics", she has held solo exhibitions in Kazakhstan, Italy, France, India, and Canada. Allana has lectured in art institutions and universities in India and Kazakhstan, and art venues in Canada.

Length: One day

Date: Saturday, February 25, 2012

Times: 10 am – 4 pm



TAYLOR KENNEDY



Cost: \$95 + applicable taxes

Best to register by: Saturday, February 11, 2012

SYMBOLISM AND STORY IN NORTHWEST COAST ART

TAAC2645

Spend an interactive afternoon exploring many aspects of Northwest Coast Art. There will be an emphasis on Coast Salish Art (both traditional and contemporary), including ideas of design, intellectual property, and symbolism expressed within design, use of color and variety of materials. Together, we will delve into a visual, interactive and tactile adventure and discover the stories that come alive through art.

Facilitator: Charlene George. See bio on page 11.

Length: One day

Date: Saturday, April 21, 2012

Times: 10 am – 4 pm

Cost: \$95 + applicable taxes

Best to register by: Saturday, April 7, 2012

CELEBRATIONS AND EVENTS

THE DIVINE FEMINE: A Myth Telling Trilogy

TACE2647

Join renowned storyteller, Abegael Fisher-Lang for an ancient soul experience of hearing a myth told simply in one voice. Recognize the resonance between mythic landscape and your own life patterns, the archetypes and symbolic creative forces that prevail today and help us make sense of our lives. Presented in three storied parts:

1. Eurynome and Ophion: A pre-Hellenic Pelasgian creation myth, in which the world is danced into being by the creator goddess, Eurynome.
2. Cronos Celebrate Time Passing: A personal life story and the telling of the Demeter myth, drawn from Jewish folklore, myth, and Hildegard of Bingen.
3. Demeter and Persephone: A wisdom tale, the first Eleusinian mystery drama in ancient Greece.

Facilitator: Abegael Fisher-Lang is a Vancouver storyteller and teacher with a passion for mythology. She has told parts of the Mabinogion (Wales), the Kalevala (Finland), the Shahnameh (Persia), and the Sundiata (old Mali), among many others. The ancient pre-Hellenic myth of Demeter and Persephone has been an integrating theme of her work over the past 25 years. She feels that the great myths, such as this one, yearn to



DEBORA ALLANA



RICK SILAS

EXPRESSIVE ARTS

draw forth our biographies, and are the richer for it. And, so, in homage to the divine goddess Demeter-Isis-Sophia, tiny mosaics of personal story will sparkle here and there, as the grand mural of ancient myth is unveiled. www.mythopoetica.ca

Length: Two hours

Date: Saturday, November 26, 2011

Times: 7:30 pm – 9:30 pm

Cost: \$20 + applicable taxes

Best to register by: Saturday, November 12, 2011

THE POWER OF TOUCH DRAWING: Touch Drawing Slideshow

TAEA2648

Touch Drawing is a profoundly simple and natural process. As you draw with your hands, your soul pours through your fingertips and onto the page. Deborah Koff-Chapin will demonstrate Touch Drawing and engage the audience in conversation about the process. She will share images and stories about the search for a natural way to draw that lead to the discovery of Touch Drawing in 1974. Through examples of work done by other Touch Drawing facilitators in a range of professions, she conveys its applications as a therapeutic, creative and spiritual process. The final part of the evening will include an inspiring sequence of Koff-Chapin's artwork accompanied by her evocative live music, along with an interactive experience of the "SoulCards". This evening is highly recommended for participants in the weekend workshop.

Facilitator: Deborah Koff-Chapin, BFA, has been developing Touch Drawing since 1974. Deborah is adjunct faculty at California Institute of Integral Studies and Wisdom University and holds workshops annually at Omega and Esalen Institutes. She has presented at numerous conferences, including the American Art Therapy Association and the International Expressive Art Therapy Association. She is the creator of SOULCARDS 1&2 and author of *Drawing Out Your Soul* and *The Touch Drawing Facilitator Workbook*. Deborah has served on the board of the International Expressive Art Therapy Association and is founding director of The Center for Touch Drawing. Find out more at www.touchdrawing.com

Length: One evening

Date: Friday, February 10, 2012

Times: 7:30 pm – 9:30 pm

Cost: \$15 + applicable taxes

Best to register by: Friday, January 27, 2011

LEARN THE ART OF ETCHING ON GLASS

TAEA2654

This class teaches you how to create and transfer permanent images to glass using lightweight etching tools. Learn to etch glass on two 10"x16" plates using diamond etching tools. Etching on glass is a very safe and simple technique that allows you to create a finished art piece that will stand the test of time. We use reclaimed tempered glass. This medium has many diverse applications, such as creating signage or auto "tattooing" and allows you to turn existing glass showers or railings into works of art. The techniques learned in this workshop can also be used to etch other materials, such as ceramic, stone, metal and concrete. This process uses no heat or chemicals and requires no previous artistic skills. Etching tools are easily available and can be purchased for as little as \$50 at most hardware stores.

Facilitator: Rick Silas has been a professional artist for more than 30 years. The techniques he has developed for painting on glass are multi-dimensional in appearance, with a patented formula for bending glass without heat that allows him to create large glass sculptures without the limitations faced when using heat. Silas mainly uses reclaimed tempered glass and has sold many hundreds of pieces over the last 20 years. Featured on The Discovery Channel's Daily Planet, he was filmed bending a piece of glass into a sculpture.

Length: Six hours

Date: Saturday, November 19 & 26, 2011

Times: 10 am – 1 pm

Cost: \$125 + applicable taxes

Best to register by: Saturday, November 5, 2011

CAPTURING THE PHOTOGRAPHIC ESSENCE OF LOCATION

TAEA2650

This course aims to improve the photographic skills of the students through active group and individual assignments and critiques. Hone specific techniques that will allow you, the photographer, to capture the destination selected in an artistic and technically proficient way. Various locations will be used to represent the more common situations photographers face, whether in your backyard or in an exotic locale. Students will learn from each other as well as from the teacher.

Facilitator: Taylor Kennedy's work appears in many publications, including The Vancouver Sun, The Globe and Mail, National Geographic Magazine, National Geographic Traveler, National Geographic Viajes,



ABEGAEL FISHER-LANG



DEBORAH KOFF-CHAPIN

WestWorld, Explore and West. Corporate clients include The City of Victoria, Robert F. Kennedy Journalism Awards, and the Government of Prince Edward Island. His work has been exhibited in the Smithsonian Museum of Natural History and the National Geographic Society Headquarters. He has worked as a photo editor and photographer for the National Geographic Society for more than 14 years.

Length: Eight hours

Date: Wednesday & Saturday, October 19, 22, 26 & 29, 2011

Times: Wednesday 7 pm – 9 pm , Saturday 3 pm – 5 pm

Cost: \$215 + applicable taxes

Best to register by: Wednesday, October 5, 2011

CREATIVE BY NATURE: A Nature-Centred Approach To Artful Connection

TAEA2665

If the drive to create is universal in all living beings, and the creative process is the same for humans as it is for plants and animals, we can use our creative capacity to strengthen our personal relationship to nature. When we transcend the planning mind – that part of us that wants to direct what will happen next – we can create with what is emerging in the moment. This is where nature and self meet. A complete Creative Nature Connection (CNC) session interweaves creating with ourselves and creating with nature. In this course, we begin by painting and drawing from the inside-out, bringing personal images to life. Then we will create from the outside-in, deepening our connection to another living being. CNC invites inter-species co-creation where both nature relationships and self are brought back to life. This dynamic nature-centered approach to artful connection with ourselves, each other, and the world allows the space and time for a transformative practice that is portable, rejuvenating, and easy to learn.

Facilitator: Lisa Lipsett Artist, educator and author, is founder of the Creative by Nature Center – a workshop space and art showcase dedicated to strengthening human-nature relationships through the arts. She holds a doctorate in Transformative Learning from the University of Toronto. Her book *Beauty Muse: Painting in Communion with Nature* invites readers to awaken to nature and self through their own creativity. A former elementary school environmental educator, Dr. Lipsett now lives on Salt Spring Island, B.C.

Length: 12 hours

Date: Saturday & Sunday, May 26 & 27, 2012

Times: 10 am – 4 pm

Cost: \$155 + applicable taxes

Best to register by: Saturday, May 12, 2012



LISA LIPSETT



SURYA GOVENDER

DIGITAL STORYTELLING: Shoebox Stories

TAEA2655

Before Facebook or Flickr, we kept our favourite snapshots in photo albums and shoeboxes or stashed them in a bottom drawer. This is an immersive workshop designed to give new life to those old photos with a good story to tell. Bring a handful of snapshots (or digital photos on a flash drive) and, with the help of tutorials and the one-on-one support of experienced facilitators, you'll write a first-person 150-200 word story, record it, scan your photos and make a two-minute digital story using iMovie. You'll leave with your movie saved to your flash drive, ready to upload to YouTube or Vimeo, and instructions on how to make more and share more. The workshop – one evening and two days – will be held in our brand new Mac lab. Please visit the website for more details.

Facilitators: Surya Govender has been helping people find their stories since 2007. She trained at the Center for Digital Storytelling and now runs Golden Thread Stories, facilitating the voicing of stories both personal and public. She is also an adult educator at Capilano University, and is also an Emily Carr Continuing Studies instructor, a researcher and a writer.

Suzanne Ahearne is a photojournalist, magazine writer and makes short-form radio documentaries for CBC Radio. As an extension of her passion for photography and writing, and her desire to help others find their voice, she is also working with community, educational and media organizations in using digital media to create opportunities for new stories, story forms and storytellers.

Length: One evening, Two days

Date: Friday, Saturday & Sunday, February 3, 4, & 5, 2012

Times: Friday 6.30 pm – 8.30 pm , Saturday 9 am – 5 pm , 7 pm – 9 pm , Sunday 9 am – 4 pm

Cost: \$365 + applicable taxes

Best to register by: Friday, January 20, 2012

DRAWING OUT YOUR SOUL: The Experience Of Touch Drawing

TAEA2652

Touch Drawing is a simple yet profound process. Move your hands on paper that is placed over paint and impressions form on the underside. It feels as if your soul is pouring through your fingertips and onto the page. Many drawings emerge in a single session, creating a visual record of your inner process. Deborah Koff-Chapin creates an atmosphere that is conducive to deep, transformative expression and subtle awareness. She gently guides you with non-intrusive suggestions and evocative live music. Drawing sessions will be enriched with other expressive art forms, such as movement, writing and vocal "toning". People are often inspired by the creativity, transformation and insight they access. Touch Drawing



SUZANNE AHEARNE

has applications for therapy, creativity, healing, and spiritual awareness. No artistic confidence is necessary!

Topics:

- › How to do Touch Drawing; technique and spirit of the process
- › How to use other expressive arts forms such as writing, movement and vocal toning to open and integrate the drawing sessions
- › Mounting and embellishing drawings with color for artistic development
- › Applications of Touch Drawing as a therapeutic creative process in a range of professions

Facilitator: Deborah Koff-Chapin. See bio on page 55.

Length: Two days

Date: Saturday & Sunday, February 11 & 12, 2012

Times: 10 am – 5:30 pm

Cost: \$255 + applicable taxes

Best to register by: Saturday, January 28, 2012

FEARLESS STROKES: Activate Your Wild Imagination

TAEA2649

This is a two-day artful exploration that will help you to paint from a place of relaxation and openness. Join us on an inner journey to discover the world of your imagination with this fearless painting adventure (your inner critic can take a rest!) Activate your imagination and try it all – broad strokes or tiny dots, splashing, finger-painting, flicking, sponging or using your hair as a brush! No fear or previous painting experience is required.

Facilitator: Marlyn Farrell, CLSC, has worked as a trainer of lay counsellors and employment facilitators with 12 years experience designing and leading creativity-based healing workshops for professionals, at-risk youth and people with mental illness. Her association with the Haven Institute on Gabriola Island began in 1984; where she now leads her own original programs. www.primalnudge.com

Length: Two days

Date: Saturday & Sunday, March 3 & 4, 2012

Times: 9 am – 4 pm

Cost: \$165 + applicable taxes

Best to register by: Saturday, February 18, 2012

INTRODUCTION TO PUPPETRY

TAEA2659

Simple, beautiful, joyful and yet incredibly complex, the humble art of puppet theatre breaks through creative boundaries. Can you say, that at one time or another, as child or adult, you brought a doll, a stick, a

shadow or an empty beer can to life, with a voice and an identity? Elements of drama, storytelling, dance, music, visual arts and ritual combine in this ancient and ever-expanding art form. Participants will explore the creative art of puppet theatre through exercises in physicality, discovering character, improvisation, crafting story, and puppet manipulation, design and building. In an art form where the boundaries are as limitless as our imaginations, there are no right or wrong answers, only wildly creative alternatives. This day promises deeply imaginative fun and frivolity! You are a puppeteer!

Facilitator: Tangle Caron is a performer, puppeteer, musician, environmental educator, napper, snacker and Lady Adventurer. Currently, she is a puppeteer for Mountain WIT, Parks Canada 's professional theatre troupe, co-director of Entangled Puppetry and a founding member of The Found Object Puppetry Collective. She has had the great fortune to study with Bread and Puppet Theatre and at the Banff Puppetry Intensive presented by the Old Trout Puppet Workshop. Tangle believes joy is an essential part of the creative process and is prone to fits of exuberant silliness, which she is pleased to have harnessed into a viable career.

Length: One day

Date: Saturday, March 31, 2012

Times: 10 am – 4 pm

Cost: \$75 + applicable taxes

Best to register by: Saturday, March 17, 2012

INVITING THE MUSE: The Inner Work Of The Storyteller

TAEA2662

This workshop explores the art and play of storytelling, and offers participants the experience of learning a story joyfully and easefully. Practise of these skills will prove beneficial in all future presentation work, not just storytelling. We will work specifically with the Inviting the Muse process in learning a story for telling. Through a series of imaginative exercises based on thinking, feeling, and willing, participants will be able to move off-page by experiencing the story rather than just memorizing the text.

Personal stories will enliven our day, although emphasis will be on preparing a new story text to tell. Copies of traditional stories will be available, but participants are encouraged to bring a story they wish to prepare for telling.

Facilitator: Abegael Fisher-Lang. See bio on page 54.

Length: One evening, one day

Date: Friday & Saturday November 25 & 26, 2011

Times: Friday, 7.30 pm – 9.30 pm , Saturday 10 am – 4 pm

Cost: \$145 + applicable taxes

Best to register by: Friday, November 11, 2011



MARLYN FARRELL



TANGLE CARON

MIKSANG: OPENING THE GOOD EYE – An Introduction

To Contemplative Photography

TAEA2651

Based on the Shambhala Art teachings of Chögyam Trungpa Rinpoche, explore the discipline and delight of Miksang (Tibetan for Good Eye) or direct seeing, perception-based photography. Develop the ability to synchronize the mind and sight so that habitual patterns of seeing and labeling dissolve in a moment of stunning, vivid perception. This is an introduction to the discipline and delight of direct seeing and perception-based photography. Begin to develop the ability to synchronize your mind and eye so that your habitual patterns of seeing and labeling dissolve in a moment of stunning, vivid perception. Through visual exercises and assignments, develop confidence in your ability to connect directly with what you see, stay fully present with the perception as you fully understand its qualities, and then express your experience precisely with your camera.

Facilitators: **Michael Wood** has taught Miksang Contemplative Photography throughout North America and Europe since 1983. An award-winning photographer, He developed the Miksang course curriculum by combining his photographic work and meditation training with Trungpa Rinpoche's Dharma Art teachings. He is a co-author of *The Practice of Contemplative Photography: Seeing the World with Fresh Eyes*.

Julie DuBose has studied and practised Miksang Contemplative Photography since 1998 and is a principal Miksang instructor. She has been a student of Chögyam Trungpa Rinpoche since 1975.

Length: One evening, three days

Date: Thursday, April 26, Friday, Saturday & Sunday April 27, 28 & 29, 2012

Times: Thursday, 7 pm – 9 pm Friday, Saturday & Sunday, 9 am – 5 pm

Cost: \$395 + applicable taxes

Best to register by: Thursday, April 12, 2012

NATURAL LIGHT PORTRAIT PHOTOGRAPHY

TAEA2657

This photography course is aimed at amateur photographers who want to expand their repertoire to include the basics of portrait photography. Specifically focusing on taking photographs of people without studio or flash equipment, reflectors will be the only piece of lighting equipment used. Whether you want to photograph children, families, grandparents or friends, learn how to comfortably interact with your subjects throughout the photography session, ensuring a positive experience for all. Set-ups for groups, individuals and couples will be covered.

Facilitator: **Mark Perry** has received accreditation as both a Master of the Photographic Arts and Craftsman of the Photographic Arts by the Professional Photographers of Canada. He has won the Kodak Gallery

Award for Photographic Excellence, Best In Class, Judge's Choice, and numerous other awards over the last 20 years of his professional career. He is the owner of McDermid Studios in Edmonton, Alberta, which has been in continuous operation since 1910.

Length: One day

Date: Sunday, April 15, 2012

Times: 9 am – 4 pm

Cost: \$125 + applicable taxes

Best to register by: Sunday, April 1, 2012

OPENING THE CREATIVE FLOODGATES

TAEA2664

Regardless of the craft, creativity is an inner process – fluid and mysterious, yet of enormous consequences in our art. What can be done to develop our creative drive to its full capacity? If you are a visual artist, a writer, musician, dancer or a practitioner of any creative art, the exercises and techniques in this course will help you develop an approach to your art that taps into the inner source of your own experience. The course is experiential, working in pairs and the whole group, in a spirit of open minds, discovery and having fun. The course includes 16 specific exercises that can be repeated and adapted to your work. Please see the website for an in-depth topic list.

Facilitator: **Michael Waters** spent 33 years playing music as a spiritual practice before beginning to play publicly. After 20 years, he composed his first two compositions, and after 33 years, his work with the medicine traditions of the Amazon produced a shift that has resulted in five years of non-stop composing. He has produced more than 100 performances since 2005, both solo and collaborative, and is part of a duo called Nomad, with the Ugandan virtuoso Kinobe.

Length: Four evenings

Date: Tuesday & Thursday, November 8, 10, November 15 & 17, 2011

Times: 7 pm – 9 pm

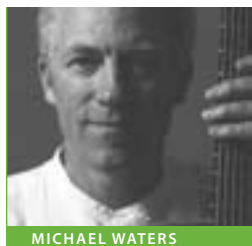
Cost: \$125 + applicable taxes

Best to register by: Tuesday, October 25, 2011

PHOTOGRAPH HATLEY CASTLE AND GARDENS WITH A MASTER

TAEA2658

Take a photography tour of Hatley Castle and Gardens with master photographer Mark Perry as your guide. The tour is designed to provide painters and photographers with a collection of high-quality landscapes. Perry will show you how to compose and capture the Hatley Park environment in its most picturesque and natural sense. Leave with a comprehensive, high quality photography collection of the Hatley Estate.



MICHAEL WATERS



WANDA HURREN

Facilitator: Mark Perry. See bio on page 58.

Length: One day
Date: Sunday, June 24, 2012
Times: 9 am – 4 pm
Cost: \$125 + applicable taxes
Best to register by: Sunday, June 10, 2012

PHOTO/GRAPHIA: Contemplating Places Through Writing And Photography

TAEA2656

This course will explore the importance of “place” through a combination of photography and writing exercises. Participants will consider memories and experiences in short writing exercises and will receive an introduction to the practice of contemplative photography, all with the intent of thinking more fully about where we are in the world. You will begin a portfolio of photographs and writing while enhancing your skills and confidence in writing and photographic strategies.

No previous photography or writing classes required.

Facilitator: Wanda Hurren, PhD, is a writer, photographer, and researcher who explores how the environments in which we live and work affect who we are and how we live and work. Her photographs have been included in solo, joint and group exhibitions and featured on book covers and in journal articles. Her poetry and writing has been published in literary and academic journals and she has published one book as single author and one book as co-editor.

Length: One day
Date: Saturday, November 5, 2011
Times: 9 am – 4 pm
Cost: \$175 + applicable taxes
Best to register by: Saturday, October 22, 2011

THE PRACTICE OF STORY: Building Community In A Storytelling Circle (Nov) TAEA2660, (Feb) TAEA2661

Most of us share stories informally with friends and family. That’s what life is all about. But what would it be like to consciously build community by telling stories in a circle of people we’ve never met before? In this four-part course with gifted storyteller Margo McLoughlin, she will invite participants to experience the magic and power of storytelling as a way to connect with others while also developing an intuitive appreciation for the richness of each human life.

Facilitator: Margo McLoughlin. See bio on page 37.

Length: Four evenings
Date: Wednesdays November 2, 16, 30 & December 14, 2011 or Thursday February 2, 16, March 1 & 15, 2012
Times: 6.30 pm – 8.30 pm
Cost: \$80 + applicable taxes
Best to register by: Wednesday, October 19, 2011 or Thursday, January 19, 2012

WRITER’S CRAFT

ELOQUENCE AND IMAGINATION: Writing From Soul, Writing The World

TAWC2666

Carl Jung wrote of the “natural mind” that wells up from the truth of natural sources. This peculiar and soulful wisdom or insight is our birthright – available for us all to tap into when we slow to the experience of being alive rather than wrestle with the meaning of life. Writing inquiry is one way to listen to our core, to notice what we notice – especially what persists in getting our attention.

Giving ourselves over to writing, submitting with affectionate curiosity to the Muse, our deepest stories and the stories of the earth and its creatures will begin to surface as we remember we are intimates within a larger community on which all of life depends. Indeed, we may have fallen out of real conversation, with self and with Other.

With a spaciousness to write that is immune to the rules of style and convention, we will listen, tap into our own creative wellspring to pander and play and let writing pour from us, embracing uneven and natural landscapes, finding the rhythms and textures of our own lives in a re-enchantment with the natural world.

Facilitator: Hilary Leighton. See bio on page 37.

Length: One day
Date: Saturday, March 24, 2012
Times: 10 am – 4 pm
Cost: \$95 (tax exempt)
Best to register by: Saturday, March 10, 2012

FINDING THE POEM IN YOUR HEART’S GARDEN

TAWC2667

Everyone, no matter what their skill level, can learn to write a poem. Take this course and you will leave with at least five poems to plant into your lives and into the lives of others.



JULIE DUBOSE



MICHAEL WOOD



MARK PERRY

Facilitator: Wendy Morton has published five books of poetry and a memoir. She believes that poetry is the shortest distance between two hearts! She is the recipient of the Spirit Bear Award, the Golden Beret Award and is an honorary citizen of Victoria. Wendy is sponsored by Fairmont Hotels, AbeBooks and Prairie Naturals Vitamins and was WestJet's Poet of the Skies, and Chrysler's Poet of the Road. She believes we are all poets at heart.

Length: Three hours

Date: Saturday, February 4, 2012

Times: 1 pm – 4 pm

Cost: \$65 + applicable taxes

Best to register by: Saturday, January 21, 2012

GETTING LOST ON PURPOSE: An Introduction

To The Learning Journal

TAWC2668

Writing practice is one way to access your core, hear your voice and listen to your life by letting something write itself through you. The journal comes closest to reproducing how people really think and how consciousness evolves. It can be a refuge from literary expectations and restrictions that are so much associated with education and work. Immune from the rules of content and style, journal writing is a complement to other types of writing and leads to deeper insights and personal responsibility. More than a mere record of events or self-involvement, it is a practical tool that enables us to know ourselves better. This is one sure way to listen to your life by letting it *write* you – then the journal becomes a powerful creative sourcebook that can enhance your visual literacy as well as self-direct your learning while inviting a playful and unconventional exploration to know yourself more deeply.

Facilitator: Hilary Leighton. See bio on page 37.

Length: One day

Date: Saturday, November 19, 2011

Times: 10 am – 4 pm

Cost: \$95 + applicable taxes

Best to register by: Saturday, November 5, 2011

MEMORIES TO MEMOIRS

TAWC2669

This course provides a creative approach to the writing of memoirs. Utilizing guided visualizations and structured exercises designed to stimulate both memory and creativity, participants are offered opportunities to broaden self-awareness, reclaim precious moments of personal history and transform them into an intimate narrative. Memoirs are essentially stories drawn from the well of personal experience.

Facilitator: Ellery Littleton, BEd, is a writer, teacher and counsellor who has been associated with the Haven Institute for more than 25 years, where his courses in creative writing, journal-keeping and memoir writing have become a staple feature of the curriculum. He has long experience in the intensive journal writing method and is the author of *Old Rocks, New Streams – 65 Poems from the I Ching*, and the sci-fi thriller *Time Crimes*. His collection of 365 poems, entitled *A Poem a Day for a Year*, was published in 2008.

Length: Two days

Date: Saturday & Sunday, November 5 & 6, 2011

Times: 9:30 am – 4:30 pm

Cost: \$155 + applicable taxes

Best to register by: Saturday, October 22, 2011

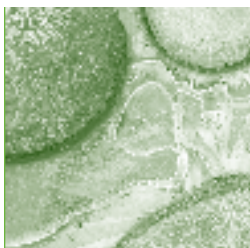
BODY/MIND/SPIRIT

ASTROLOGY, MYTHOLOGY AND THE PSYCHE

PEMS2680

Astrology has evolved from archaic times, from evidence of soli/lunar cyclic "lunar sticks", cave dwelling art (Catul Hyuk in Turkey), sacred sites such as Avebury and Stonehenge in England, Canyon de Chelly in Arizona, and hundreds of others all over our earth. All were created when the human psyche was in a state mythographers call "participation mystique" – magical thinking, or being at one with the universe. From ancient early days of the Greeks, through the Copernican revolution to contemporary times, we are still deeply embedded in the collective unconscious of humankind. In astrology itself, there is no subject/object split, because astrology is predicated on a unified, whole-system world-view; it is actually a subject in which both magical and critical thinking are naturally fused. Erin Sullivan will describe each planet in our system from an archetypal, Jungian, mythological, psychological and pragmatic aspect – as an integral aspect of your own self: you and your cosmology!

Facilitator: Erin Sullivan's 40 years of astrology practice, writing, and teaching offers "whole system" astrology, incorporating the solar system as both an archetypal qualitative AND a practical quantitative content of the psyche in the world: the cosmology of the individual psyche in action. Her consulting practice is international and she is a highly respected astrologer. Erin was the series editor for Penguin, *Arkana Contemporary Astrology Series* in London, UK, 1989-1998. She lectures, teaches and is the author of six innovative books on astrology, translated into several languages. www.erinsullivan.com



ELLERY LITTLETON



WENDY MORTON



ERIN SULLIVAN

Length: One day
Date: Saturday, February 25, 2012
Times: 10 am – 5 pm
Cost: \$135 + applicable taxes
Best to register by: Saturday, February 11, 2012

BASIC SHIATSU ACUPRESSURE: Achieving Relaxation And Healing In A Stressful World

PEMS2674

An introduction to the ancient healing art of Shiatsu Acupressure. It derives its name from two Japanese words: “Shi” means finger and “atsu” means pressure. Shiatsu is a way of healing and balancing, working with the system of energy pathways that flow through our body. Participants will learn to give and receive a basic Shiatsu Acupressure treatment for the release of stress and the achievement of relaxation and healing, using gentle finger pressure along specific meridians or energy pathways in the body. Participants remain fully clothed. Please bring a large thick blanket or pad and a towel. Wear comfortable clothing.

Facilitator: Usha Haywood holds a degree in nursing, is a registered Massage Therapist, Shiatsu Therapist and has certificates in psychotherapy, Jungian psychotherapy, alternative medicine, yoga and yoga therapy. Usha co-founded (and was a director of) the Center for Health and Stress Management in Ontario, has taught at Conestoga College, Homewood Sanatorium, Community Resources and Initiatives, and Sky Valley Contemplative Community on Salt Spring Island.

Length: Two days
Date: Saturday, April 28 & May 5, 2012
Times: 10 am – 4 pm
Cost: \$165 + applicable taxes
Best to register by: Saturday, April 14, 2012

FINDING YOUR RIGHT LIVELIHOOD: Identifying And Enacting A Dream, Or Calling

PEMS2682

Are you at a turning point in your life, wanting to know what to do next? Are you retired and wanting to give back? Do you have a dream? Have you always wanted to make a contribution to the world? If so, this workshop is for you. Develop the knowledge and skills needed to identify and enact your Right Livelihood using here-and-now techniques such as guided visualization, written exercises and group discussions to identify your higher purpose at this time in your life. This is an opportunity for you to bring forth your inner knowing, articulate your purpose, and set your intention. This is a chance to revitalize enthusiasm for life by establishing a plan to actualize your ideals. Designed to provide fertile ground for in-

sights to emerge, it is a powerful step forward in the process of identifying and enacting a dream, or calling. This two-day workshop can inspire you to act on your life's calling.

Facilitator: Dr. Deborah Frances Mulcair, BComm, MBA, PhD, is a professional facilitator with 25 years experience who brings enthusiasm and depth of experience. Deborah is a management consultant specializing in strategic business development, entrepreneurial training and career transition and has been on faculty at various universities. Her doctoral research was on Right Livelihood and its impact on a person's wellbeing.

Length: Two days
Date: Saturday & Sunday, November 19 & 20, 2011
Times: 9 am – 5 pm
Cost: \$195 + applicable taxes
Best to register by: Saturday, November 3, 2011

THE GIFT OF DREAMING: Transforming The Mundane Into The Sacred

PEMS2673

For those interested in personal growth and transformational experiences, dreams are a valuable and powerful tool. When we have a vital, authentic relationship with our dreams, we become more of who we are meant to be. Communication with dreams enriches our lives, releases feelings and somatic blockages, and gives us a deeper relationship with life and with our loved ones. This workshop is for anyone who has ever been curious about their dreams and who would like to have an alive, vital relationship with their inner world/soul. For those who don't remember their dreams, we will explore other ways of accessing the symbols and imagery of dreams.

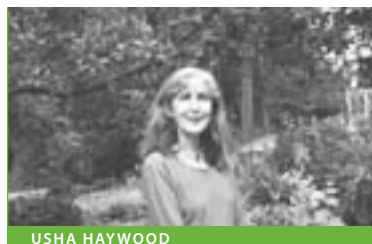
The workshop is NOT about dream interpretation. Rather, the objective is to teach participants how to work with their own dreams in a way that facilitates and embodies ongoing personal growth and guidance where the dreamer allows the dream to work them. Participants will be encouraged to keep a dream journal. Please see our website for in-depth topic details.

Facilitator: Dr. Corrinne Allyson is absolutely passionate about dreams. As a Jungian psychotherapist with more than 25 years experience, she has facilitated numerous workshops, always with excellent reviews. Dr. Allyson's approach is down to earth, practical and grounded in her own experience. She combines Eastern and Western approaches to the transformative journey, having lived and studied within the yogic/Vedanta tradition in India as well as in a Zen Buddhist monastery for extended periods.

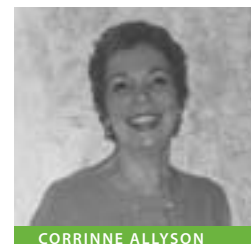
Length: Two days
Date: Sun, January 29 & February 5, 2012



DEBORAH MULCAIR



USHA HAYWOOD



CORRINNE ALLYSON

Times: 10 am – 4 pm
Cost: \$155 + applicable taxes
Best to register by: Sunday, January 15, 2012

GRIEF AND THE SOULFUL LIFE

PEMS2672

In a world so caught up in the business of coming out ahead on life's great balance sheet, one can easily see that our present-day society leaves little room for mourning when mourning is called for. In fact, we live in a grief-inarticulate culture. Our capacity to weather the tragedies and sorrows of life is painfully thin and, in and of itself, tragic and sorrowful.

This day is for those who have felt the tug to venture into the rich terrain of grief and broken-heartedness. Here we will learn to let life's many small and big endings have their way and turn us into persons of soulful depth as well as persons who can hold out a steadying arm to others facing endings of their own. By facing into our grief, strength, hope and resiliency find purchase. Join Rachele Lamb in this courageous exploration where she brings a wealth of personal knowledge and the teachings of Stephen Jenkins.

Facilitator: Rachele Lamb, See bio on page 9.

Length: One day
Date: Saturday, December 3, 2011
Times: 10 am – 4 pm
Cost: \$95 + applicable taxes
Best to register by: Saturday, November 19, 2011

HAVEN COMMUNICATION TOOLKIT – Building Clarity And Connection

A One day experiential workshop, using The Haven communication model to explore self and other. Participants are offered the opportunity to explore some real-life communication conundrums. The Communication Toolkit provides the tools to understand what is really going on and encourages trust, truthfulness and compassion.

Facilitators: Gwen Ewan MA, MATS, DipC, RCC is an AAMFT clinical member. She has worked in the fields of mental health, education and addictions for more than 30 years. Associated with The Haven Institute since the mid-1980s, she now teaches several courses there.

Cathy Wilder MEd, PhD, RCC, Dip C, is a creative and compassionate group leader, counsellor and coach. Her capacity for embodying a deep range of human experiences and feelings has opened pathways for others in personal transformation and professional development, resulting in greater health and more satisfying communication and relationship experiences. Cathy also teaches at the Haven.



SUE CLOUGH



Length: One day
Date: Saturday, October 22, 2011
Times: 9 am – 4 pm
Location: Royal Roads University
Please register at: www.haven.ca by calling Toll Free 1-877-247-9238 ext. 1 or email register@haven.ca

HAVEN RELATIONSHIPS TOOLKIT: Deepening Connection

A one day experiential workshop using The Haven relationships model to explore self in the context of close relationships. Participants are offered the opportunity to explore their relationship patterns in some carefully crafted exercises. The Relationships Toolkit provides the tools to understand what is really going on and encourages trust, truthfulness and compassion.

Facilitators: Gwen Ewan and **Cathy Wilder**. See bios on this page.

Length: One day
Date: Sunday, October 23, 2011
Times: 9 am – 4 pm
Location: Royal Roads University
Please register at: www.haven.ca by calling Toll Free 1-877-247-9238 ext. 1 or email register@haven.ca

AN INTRODUCTION TO MEISTER ECKHART:

Creativity And The Path Of Soul

PEMS2683

Where and how do we experience the burning spark of the creative spirit within us? Our creative journey is synchronous with and mirrors the journey of our soul. This workshop is an invitation to explore both these aspects of ourselves. Through the vision of the 13th century mystic, Meister Eckhart, and by expressing our creativity through writing, art, reflection, movement, etc., we will come to claim our spiritual creative selves more fully and to be clearer about the gifts we were born to bring into our world.

Facilitator: Sue Clough is an educator and a chaplain who has worked with high-school students and adults for many decades. With her background in theology, psychotherapy, and spiritual guidance, she has walked with individuals and groups, inviting and supporting them as they deepen their awareness of who they truly are and as they claim their own experience of the Divine. For 15 years, Sue has also been a massage therapist, which has convinced her of the central role that the body plays in people's personal growth and that we are whole beings, one in body/mind/spirit. She offers to others her presence, her own life journey, and her unique experience of the Sacred.



LEONA GALLANT



CATHY WILDER

Length: One evening, One day
Date: Friday & Saturday March 9 & 10, 2012
Times: Friday, 7.30 – 9.30 pm , Saturday 9 am – 4 pm
Cost: \$145 + applicable taxes
Best to register by: Friday, February 24, 2012

INTRODUCTION TO THE SATIR MODEL:

Becoming More Aware And Responsive

PEMS2702

Everyone has developed their inner core beliefs and coping styles through life experiences, as well as through their family of origin, their parents and the context in which they grew up. Virginia Satir, an outstanding family therapist, has stated that we all have three births: the first when we are conceived, the second when we are born into this world, and the third when we become our own decision makers.

In this workshop, we will take charge of the process of developing our uniqueness becoming a responsible and responsive human in the third birth. We will learn to understand and work with the Satir model. You will have the opportunity to transform limiting belief systems into powerful energy sources.

Facilitator: Leona Gallant has 35 years of work experience in the healing arts as a facilitator and counsellor in various communities. She teaches Virginia Satir's family development model and facilitates numerous family reconstructions. She has also provided training in the field of diversity and organizational change. Leona is well-known for her ability to connect with people, her spirituality and her connection to nature. She believes that as each person heals themselves and recognizes their own inner beauty, they create beauty in the world.

Length: Two days
Date: Saturday & Sunday, March 10 & 11, 2012
Times: 9 am – 5 pm
Cost: \$165 + applicable taxes
Best to register by: Saturday, February 25, 2012

MEDITATING TO HEAL THE HEART

PEMS2678

Unconditional friendliness toward oneself is the foundation of all the transformation that arises on the human journey. Known as "maitri", this attitude of open acceptance has special value in modern culture, where aggressive self-judgment is so common. In this workshop, we will engage various practices that heal our relationship with ourselves, and give rise to the warmth and appreciation that is maitri. Drawing from the Meditating with the Body® curriculum of Dr. Reginald Ray, we will

explore both the body and heart. In so doing, we will develop a deeper appreciation for our lives as they are.

Participants are advised to wear warm, comfortable clothing, and to bring a blanket or mat to lie on.

Facilitator: Neil McKinlay is a meditation instructor, personal coach, and shamanic consultant who offers workshops and classes throughout southern Vancouver Island. A long time practitioner and close student of Dr. Reggie Ray, Neil draws from his training in the tradition of Chogyam Trungpa to emphasize the accessibility and relevance of meditation in the modern world. Seeing the spiritual journey as an inherent part of human life, his teaching style is immediate and personal, always affirming the dignity and wholeness of our lives as they are.

Length: One day
Date: Saturday, February 4, 2012
Times: 9 am – 4 pm
Cost: \$75 + applicable taxes
Best to Register By: Saturday, January 21, 2012

MEDITATING WITH THE BODY

PEMS2679

Intended for meditators of all levels and traditions, this workshop introduces the work of Dr. Reginald Ray and explores the importance of the body in spiritual practice. Using a series of exercises adapted from Tibetan Yoga, we are guided into deeper connection with our physical existence and taught how to meditate in a grounded way. Through this, we discover the transformative power of our own lives. We realize spirituality is nothing less than an invitation to enter the human journey. It is a call back from the disconnected world in which most of us live ; a call to a more fulfilling way of being.

Participants are advised to wear warm, comfortable clothing, and to bring a blanket or mat to lie on.

Facilitator: Neil McKinlay. See bio on this page.

Length: One day
Date: Saturday, November 26, 2011
Times: 9 am – 4 pm
Cost: \$75 + applicable taxes
Best to register by: Saturday, November 12, 2011

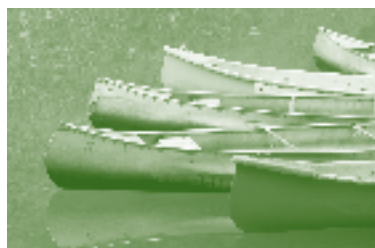
MEDITATION, COMPASSION AND WELCOMING THE WORLD

PEMS2677

The human heart longs to welcome the world. Our ability to hold oth-



NEIL MCKINLAY



GWEN EWAN

ers within this tender yearning is known as “compassion”, and becoming fully human requires we allow this quality to blossom throughout our lives. In this workshop, we will draw from the Meditating with the Body® curriculum of Dr. Reginald Ray to cultivate our inherent softness and invite the world into our boundless hearts. We will develop our ability to empathize with both human and non-human others, and begin to assume our place as sensitive and responsible inhabitants of the cosmos.

Participants are advised to wear warm, comfortable clothing, and to bring a blanket or mat to lie on.

Facilitator: Neil McKinlay. See bio on page 63.

Length: One day

Date: Saturday, March 31, 2012

Times: 9 am – 4 pm

Cost: \$75 + applicable taxes

Best to register by: Saturday, March 17, 2012

QI GONG – Portal To Awareness

(Oct) PEMS2675, (Apr) PEMS2676

Qigong is an ancient Chinese self-healing art and energy cultivation system that uses a series of gentle, focused exercises for the mind and body. The system combines slow Tai Chi-like movements, breathwork, static postures, self-massage, visualization and meditation to enhance the flow of qi – vital energy or life energy – throughout the body, increasing overall quality of life and improving flexibility and immune function. The practice of Qigong enables the honing of the usually scattered mind into a focused mind, helping to rediscover one’s natural energy, harmony and wholeness using Qigong as portal to Awareness.

Facilitator: Purna Ma has been a devoted and passionate teacher and practitioner of Qigong and Tai Chi for 19 years. She is a former Shiatsu Therapist and Registered Massage Therapist. She currently resides at the Forest of Peace Community on Salt Spring Island where she teaches ongoing Qigong and Tai Chi classes. Her approach is gentle, encouraging, and compassionate; it draws on her years of deep inner exploration and extensive experience.

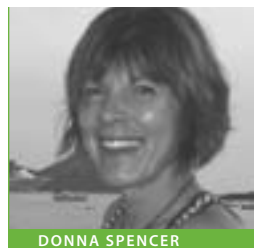
Length: Two half days

Date: Saturday October 29 & November 5, 2011 or April 14 & 21, 2012

Times: 10 am – 1 pm

Cost: \$95 + applicable taxes

Best to register by: Saturday, October 15, 2011 or Saturday, March 31, 2012



DONNA SPENCER



Royal Roads University Continuing Studies 2011-12

VENUS AND APHRODITE: Mythic Archetypes Of The Real And The Ideal

PEMS2681

The psychological split in the psyche and the very real dilemma of uniting the Ideal and the Real in our creativity, our relationships, in all aspects of life is grounded in the dual myths of Venus/Aphrodite. Between the “perfect inner dream of creativity and love” and the “reality of what actually manifests here on earth” lies a longing in the human psyche for perfection and ideal truth, beauty, wisdom and love. We all experience this, and this workshop details the myths, the psyche’s manner of containing those mythic archetypes, and how we can bridge those two, finding a sense of balance between the heavenly perfection ideal and the earthy realistic life of mortals. The longing is age-old and is inborn, the destiny we unfold is based in this archetypal experience of truly loving our self, and then others.

Facilitator: Erin Sullivan See bio on page 60.

Length: One day

Date: Saturday, May 26, 2012

Times: 10 am – 5 pm

Cost: \$135 + applicable taxes

Best to register by: Saturday, May 12, 2012

DISCUSSIONS, LECTURES & FORUMS

EXPLORING THE POWER OF DREAMS

Dreams can be better than the movies and more real than virtual reality. They can be more frightening than a Stephen King movie, more fanciful than a Walt Disney movie and yes, even sexier than an X-rated one. What are dreams? Why do we dream? What do these strange nocturnal images mean? And, why should we care anyway?

In this free evening lecture, Jungian psychotherapist, Dr. Corrinne Allyson will introduce us to the world of dreams and give suggestions on how to open the door to a vital, interactive relationship with our inner world. She will show us how to use our dreams as inner guides for personal growth and spiritual harmony. Join us for a fascinating evening with someone who is passionate about the dream world.

Facilitator: Dr. Corrinne Allyson. See bio on page 61.

Length: evening talk

Date: Thursday, November 24, 2011

Times: 7 pm – 9 pm

Cost: No charge – registered learners only

To register call Continuing Studies 250-391-2600 ext. 4801



MAUREEN WILLIAMS

250-391-2600 Ext. 4801 or Toll Free 1-866-890-0220

RESONANCE OF REMEMBRANCE: Touring Battlefields Of The World Wars

PEDF2670

This presentation explores the experience and meaning associated with visiting 20th century battlefields and war memorials such as Vimy Ridge, Ypres, the Somme and Normandy. The presentation considers the meaning of remembrance, examining how sites of memory are established with memorials, and the preservation of landscapes and relics of war.

An examination of how these sites are interpreted by museums and battlefield tour-guides provides insight into how the past is mediated and understood in the 21st century. Also, we will discuss the power of individual experiences of touring sites and “standing in the footsteps” of those who fought. The “sense of place” associated with cemeteries and battlefields is investigated both in terms of how wars are commemorated, what is remembered, and how war memory evolves from generation to generation. For an in-depth topic description visit our website.

Note: All fees will be donated to the Veteran’s Poppy Fund.

Facilitator: Dr. Geoff Bird. See bio on page 39.

Length: Two hours

Date: Wednesday, November 9, 2011

Times: 7 pm – 9 pm

Cost: \$10 + applicable taxes

Best to register by: Wednesday, October 26, 2011

HEALTHY LIVING

THE ANTI-INFLAMMATORY DIET

PEHL2690

Inflammation is now recognized as a common contributor to a range of chronic health problems, from heart disease and asthma to arthritis and colitis. In this course we will explore how and why inflammation occurs in the body, how certain conditions such as diabetes and obesity perpetuate inflammation, and how diet can be used to reduce the degree of inflammation we experience.

Topics:

- › Why do we need an inflammatory mechanism in the body?
- › Triggers and implications of both acute and chronic inflammation
- › How dietary choices affect the degree of inflammation
- › Food “allergies” and sensitivities in chronic and acute inflammation
- › How different types of carbohydrates alter inflammation
- › An elimination diet, food sensitivities



PURNA MA

www.royalroads.ca/continuing-studies

Facilitator: Maureen Williams, ND, has experience in traditional herbal medicines of Central America and work in rural clinics in Guatemala and Honduras. She is also an author and researcher, and lectures extensively to both professional and public audiences on a wide range of health and natural medicine topics. She currently practices at Cook Street Village Health Centre.

Length: Half day

Date: Saturday, November 19, 2011

Times: 9 am – 1 pm

Cost: \$50 + applicable taxes

Best to register by: Saturday, November 5, 2011

CHI RUNNING: Creating The Conditions For Energy Flow

(Nov) PEHL2688, (Mar) PEHL2689

Chi Running practice helps you focus your mind, lift your spirit and open up your flow of Chi. It combines the inner focus and flow of T'ai Chi with the power and energy of running, creating a revolutionary running form and philosophy that takes the pounding, pain, and potential damage out of this sport. It increases mental clarity and focus, enhances the joy of running, and turns it into a safe and effective lifelong program for health, fitness, and well-being. Please see our website for more details. Bring running gear and layered clothing (expect to be outside).

Facilitator: Donna Spencer is a Certified Chi Running instructor who has been running for 28 years and coaching for 12. She completed her instructor training three years ago with Danny Dreyer, the founder of Chi Running, and has taught under the supervision of a master instructor. www.natural-pace.ca

Length: One day

Date: Saturday, November 26, 2011 & Saturday, March 31, 2012

Times: 9:30 am – 4 pm

Cost: \$150 + applicable taxes

Best to register by: Saturday, November 12, 2011 or Saturday, March 17, 2012

HEALTHY ENTERTAINING IN THE RAW: Green Smoothies, Kale Chips And Gluten-Free/Dairy-Free Desserts

PEHL2686

Presented in partnership with VIVA-Raw and Transition Victoria Food Group

Learn how to make the popular Green Smoothies and Kale Chips, which are both made with nutrient-dense green leafy plants. Discover how ingesting kale, lemon sorrel, spinach and other greens has the power to enhance your energy level and overall health. Learn how to have your cake and benefit from it, too. Eating “raw” doesn’t mean giving up desserts! Discover how anyone who loves sweets but is trying to avoid wheat, dairy products, refined sugars, and unhealthy fats can still enjoy cakes, pies, tarts, ice cream, and cookies. Watch as healthy and nutritional desserts are demonstrated. In this class, you will learn how to make a gourmet chocolate



Personal Enrichment

cake in 10 minutes, how to make easy no-roll, no-bake pie crusts and how to use coconut oil to replace butter in raw desserts. Please bring your own plate, utensils and glass. You will be sampling the green smoothies, kale chips and gluten-free / dairy-free desserts prepared in this class.

Facilitators: Ken Steele has been a raw foodist for the past six years and completed Raw Rose's Culinary Arts Program Raw Chef Certification Course. He currently writes a column, "My Search for Optimum Health" by Lief Lett USS in the James Bay Beacon.

Jim Maurice is a Certified Raw Food Chef and instructor. He received his training from Living Light Institute in Ft. Bragg, California. He founded Rawsome Living Foods (rawsomelivingfoods.ca) on Salt Spring Island with the purpose of educating people on the benefits of a raw living diet with the emphasis on fun, ease and taste.

Length: Half day

Date: Saturday, December 3, 2011

Times: 11 am – 3 pm

Cost: \$50 + applicable taxes

Best to register by: Saturday, November 19, 2011

The Royal Roads Recreation Centre is open to the public and offers a gymnasium, aerobics room, two squash courts, cardio equipment, free weights, Apex, Keiser and a variety of fitness classes including Boot-camp, all free with your membership. We also offer Personal Training. For a complete schedule of activities, or information about renting our facilities, please visit our website at www.royalroads.ca.

THE MANY BENEFITS OF A GLUTEN-FREE DIET

PEHL2687

For improved mental performance and emotional balance, a gluten-free diet may be just the ticket. This course presents exciting new information about corresponding mental, emotional and learning benefits for people with gluten sensitivity or celiac disease. A gluten-free diet can improve our lives in many ways. From heightened brain function, to mood stabilization and enhanced learning capacity, to greater physical wellness and immune function, it offers benefits on multiple levels to a large segment of the general population. For more in-depth topics please see our website.

Facilitator: Ron Hoggan, EdD, a former high school teacher, conducts peer – reviewed research and is editor of The Journal of Gluten Sensitivity. He has written three books, *Dangerous Grains*, *Get the Iron Edge*, and *Cereal Killers*, and many articles about dietary interventions. Hoggan's research explores the impact of gluten on school readiness, various actions of dietary opioid peptides, gluten-induced changes in behavioural and cognitive function, and overlap between gluten sensitivity and learning disabilities.



DAVE OBBE



Length: Two days

Date: Saturday, March 3 & 10, 2012

Times: 9 am – 4 pm

Cost: \$150 + applicable taxes

Best to register by: Saturday, February 18, 2012

TRANSITIONING TO RAW LIVING FOOD, SPROUTING AND SALADS WITH PIZZAZZ

PEHL2685

Presented in partnership with VIVA-Raw and Transition Victoria Food Group
Raw living food opens up possibilities to regain energy and vitality plus lose weight. Take part in an interactive session on transitioning to a raw living foods lifestyle. Learn how easy it is to incorporate more raw food in your life-style. You will be introduced to sprouting inexpensive and nutritious sprouts and wheat grass and how these are stored and used. In this class you will go beyond "just" a green salad by experimenting and creatively preparing salads, and discovering that a salad can, in fact, be a meal. Please bring your own plate, utensils and glass. You will be sampling the salads and raw food prepared in this class. Ionized alkaline water will be provided.

Facilitators: Chris Gay is a Lifestyle Coach at Rawsome Lifestyle Coaching. In her weekly blog at www.rawsomecoaching.ca, Chris provides transition tips and recipes to help people incorporate more raw living foods in their diet. In this class, she will offer a unique and supportive approach to assisting others in making the shift to a raw food lifestyle from the Standard American Diet (SAD). Chris is the author of an e-book *Eating Raw for a Day* and has Live Food Teacher Certification through Alissa Cohen.

Jim Maurice. See bio on page 61.

Length: Half day

Date: Saturday, October 29, 2011

Times: 11 am – 3 pm

Cost: \$50 + applicable taxes

Best to register by: Saturday, October 15, 2011

WILD EDIBLE FOODS OF SOUTHERN VANCOUVER ISLAND

PEHL2684

This course will examine wild edible foods that are available in both urban and rural areas around Victoria, with emphasis on foods that are in season. Students will learn through field trips, and by participating in the harvest and preparation of select foods. Slide show presentations and lectures will supplement hands-on experiences.

Facilitator: Abe Lloyd's academic interest is ethnoecology. He is studying estuarine root gardens of the NW Coastal First Nations with an emphasis on learning how traditional management affects the root produc-



STEPHEN WHIPP

tivity and palatability of silverweed (*Potentilla Pacifica*). Abe's passion is for wild edible foods which he regularly incorporates into his diet.

Length: Two half-days

Date: Saturday & Sunday, April 28 & 29, 2012

Times: 12 pm – 5 pm

Cost: \$75 + applicable taxes

Best to register by: Saturday, April 14, 2012

OF INTEREST

THE ANCIENT ART OF TEA LEAF READING

(Nov) PEOI2692, (May) PEOI2693

Open up your intuitive gifts and learn the ancient art of tea-leaf reading. Discover pictures and symbols in the leaves to tell the story of someone's future. There will be discussion and instruction on how to communicate your intuitive interpretations, reference to books on tea leaf reading, and advice on what types of tea to use. Please bring a tea cup (white or light coloured inside) and lunch.

Facilitator: Tanya Lester, BA, is a third-generation and master tea leaf reader who has done thousands of readings and dozens of workshops the world over in the last 12-plus years. She has read tea leaves on CBC Radio; she teaches at colleges and universities as well as publishes. Her most recent book is called *Confessions of a Tea Leaf Reader*. She is also a Reiki master, tarot reader and art model. Her website is www.tealeafreading-by-tanya.com

Length: One day

Date: Saturday, November 26, 2011 or Saturday, May 5, 2012

Times: 10 am – 4 pm

Cost: \$65 + applicable taxes

Best to register by: Saturday, November 12, 2010 or Saturday, April 21, 2012

DISCOVERING YOUR FAMILY HISTORY: An Introduction

PEOI2691

The Internet has made it easy to gather information about family histories. Still, it is important to use proper research techniques to understand the records being consulted and to flesh out the raw details of a family tree with information about the lives of ancestors. Designed for people who have already gathered the basic information on their families, this course stresses the need for research in local history and social history as well, and will help participants understand how to use a wide variety of resources and plan further work.

Facilitator: Dave Obee has been researching his family history since 1978. He has written nine books on genealogy and has given more than 250 presentations throughout Canada and the U.S. He is the former pres-

ident of the Victoria Genealogical Society and of the Federation of East European Family History Societies.

Length: Two days, non-consecutive

Date: Saturday, January 21 & 28, 2012

Times: 9 am – 4 pm

Cost: \$145 + applicable taxes

Best to register by: Saturday, January 7, 2012

FINANCIAL PLANNING TO BUILD WEALTH, MANAGE RISK, AND BUILD A BETTER WORLD

PEOI2697

What does the changing world have to do with your investments? More than you think. Learn how changing social and environmental landscapes – from China to BP – can affect your retirement, and how to plan around it. By looking at your portfolio through a socially responsible or “values based” lens, you can learn how to manage financial risk and drive change. This course will give you the knowledge and tools to ask the right questions to ensure you are investing in a way that matches your values while taking care of your investments. Please see our website for more detail.

Facilitator: Stephen Whipp believes passionately that people working together for the common good CAN change the world. Originally trained as a journalist, Whipp spent 20 years actively dedicated to environmental, justice, community and aboriginal issues. These experiences, along with his personal integrity and progressive values, shape his practice of values-based financial planning and ethical investing. A Senior Financial Advisor with Manulife Securities Incorporated on Victoria's Westshore, Stephen is a frequent speaker on ethical investing throughout B.C. and beyond. He is active with the Canadian Social Investment Organization, Westshore Chamber of Commerce and fundraising for the Robert Bate-man Centre at Royal Roads University.

Length: Two hours

Date: Saturday, January 28, 2012

Times: 10 am – 12 pm

Cost: \$55 + applicable taxes

Best to register by: Saturday, January 14, 2012

HOW TO MAXIMIZE YOUR STOCK MARKET PORTFOLIO:

Simple Techniques To Higher Returns – Introduction

PEOI2695

Here's a step-by-step approach to understanding the stock market. Learn how to find good value equities, when to buy and sell, and how to increase your total return.



CHRIS GAY



ABE LLOYD



RON HOGGAN

Topics:

- › Understanding basic analysis methods (fundamental/technical)
- › Pros and cons of each method
- › Three portfolio approaches: index ETFs, a multiple ETF portfolio, traditional
- › Putting it all together – build a portfolio

Facilitator: Donald Dony holds the top global technical analysis designation; Masters of Financial Technical Analysis (MFTA). He is a fellow of the Canadian Securities Institute (FCSI) and a registered securities advisor. He designs and teaches courses to industry professionals for the Canadian Securities Institute (CSI) and has more than 20 years experience teaching and speaking internationally on trading techniques and intermarket analysis.

Length: Half day

Date: Saturday, February 18, 2012

Times: 1 pm – 5 pm

Cost: \$95 + applicable taxes

Best to register by: Saturday February 4, 2012

HOW TO MAXIMIZE YOUR STOCK MARKET PORTFOLIO:

Simple Techniques To Higher Returns – Level II

PEOI2696

This course is designed to teach basic trading techniques, how to understand market movements, and how industry groups advance and decline within the economy. It is highly recommended for those who have taken Donald Dony's introductory course.

Topics:

- › Understanding the business cycle
- › Recognizing the four phases, understanding the role of the central banks
- › The connection to the stock market, the impact on bonds
- › Intermarket analysis
- › The four markets (bonds, currencies, stocks and commodities)
- › The 16 key rules to intermarket analysis – and more

Facilitator: Donald Dony. See bio on this page.

Length: Half day

Date: Saturday, April 28, 2012

Times: 1 pm – 5 pm

Cost: \$95 + applicable taxes

Best to register by: Saturday, April 14, 2012

PIE-MAKING 101

PEOI2698

Daunted by pastry? Cardboard crust? Leaky or rubbery fillings? Frustrated by repeated pie failures? Join this fun, informative, hands-on cooking class, where a chef will guide you through the step-by-step process of making pie. Eliminate the frustration and learn to love pie-making with our chef's down-to-earth, straightforward tips and techniques. The class will focus on basic fruit pies, but will also cover the essentials of single-crust pies, custard pies, chess pies, galettes, and more. Each participant will make their very own fruit pie from start to finish – and take it home to impress their family and friends. "Easy as pie!"

Facilitator: Heidi Fink is a chef, food writer, and cooking class instructor, specializing in vegetarian and ethnic cuisines. Previously Executive Chef of the renowned restaurant ReBar Modern Food in Victoria, Heidi now shares her cooking expertise and enthusiasm through her classes and food articles. A member of Slow Food Canada and LifeCycles Project Society, she has served three years on the board of directors for LifeCycles, a Victoria-based non-profit organization dedicated to food action and urban sustainability. Her articles on cooking and food security have been published in EAT magazine. A strong believer in local food and agricultural sustainability, Heidi hopes to inspire people in the kitchen and bring excitement to the everyday tasks of cooking and eating well.

Length: One evening

Date: Saturday, January 28, 2012

Times: 1:00 pm – 5:00 pm

Cost: \$75 + applicable taxes

Best to register by: Saturday, January 14, 2012

SHIFT HAPPENS! Tapping Into Your Deepest Career Longings

PEOI2694

Imagine what it would be like to tap into your deepest longings – into doing what you love! Clarify what it is you want in all areas of your life: career, home, leisure, training. Find your calling. Set goals and allow them to manifest in your life. Connect with nature to find answers to your innermost questions – and create a vision for your future.

Facilitator: Marlyn Farrell. See bio on page 57.

Length: Two days

Date: Saturday & Sunday, January 28 & 29, 2012

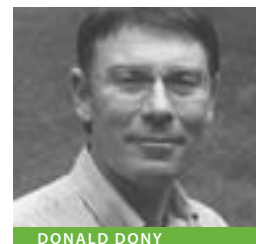
Times: 10 am – 4 pm

Cost: \$165 + applicable taxes

Best to register by: Saturday, January 14, 2012



HEIDI FINK



DONALD DONY

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 A Dream, Or Calling
The Gift Of Dreaming: Transforming The Mundane Into
 The Sacred
Grief And The Soulful Life
Haven Communication Toolkit – Building Clarity
 And Connection
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An Introduction To Meister Eckhart: Creativity
 And The Path Of Soul
Introduction To The Satir Model: Becoming More Aware
 And Responsive
Meditating To Heal The Heart
Meditating With The Body
Meditation, Compassion And Welcoming The World
Qi Gong – Portal To Awareness
Venus And Aphrodite: Mythic Archetypes Of The Real
 And The Ideal

DISCUSSIONS, LECTURES & FORUMS

- Exploring The Power Of Dreams
Resonance Of Remembrance: Touring Battlefields
 Of The World Wars

HEALTHY LIVING

- The Anti-Inflammatory Diet
Chi Running: Creating The Conditions For Energy Flow
Healthy Entertaining In The Raw: Green Smoothies,
 Kale Chips And Gluten-Free/Dairy-Free Desserts
The Many Benefits Of A Gluten-Free Diet
Transitioning To Raw Living Food, Sprouting
 And Salads With Pizzazz
Wild Edible Foods Of Southern Vancouver Island

OF INTEREST

- The Ancient Art Of Tea Leaf Reading
Discovering Your Family History: An Introduction
Financial Planning To Build Wealth, Manage Risk,
 And Build A Better World
How To Maximize Your Stock Market Portfolio:
 Simple Techniques To Higher Returns – Introduction
How To Maximize Your Stock Market Portfolio:
 Simple Techniques To Higher Returns – Level II
Pie-Making 101
Shift Happens! Tapping Into Your Deepest Career Longings

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THE FINE PRINT:



REFUND POLICY: Registration fee refunds will be processed as follows:

FULL REFUND will be issued with proper notification (telephone contact, email, fax or letter – not voice mail) of withdrawal received 10 or more full business days before the first day of the course. If a course is cancelled by the University, you will receive a full refund of fees paid.

50% REFUND will be issued if notification of cancellation falls between 6-9 full business days prior to the course start date.

NO REFUND will be issued if notification of withdrawal is received within 5 full business days or less before the start of the course. Registration may be transferable, please contact our office for more information.

EXCEPTIONAL REFUND CIRCUMSTANCES: The Director of Continuing Studies (or designate) will review exceptions to the above-noted refund rules only as they pertain to medical & family emergencies on an individual basis.

REGISTRATION PROCESS: Registrations are processed in the order that they are received. Please try to register by the "best to register by" date under each course code. If you are planning to register with less than 10 days left before the start date, please check with the office on the status of the session.

Some courses fill up quickly, so please register early to guarantee a seat, while others may be postponed or cancelled due to insufficient enrolment or circumstances beyond our control.

CHANGE, CANCELLATION OR POSTPONEMENT OF COURSES: When it is necessary to alter, cancel or postpone a class, participants are notified therefore it is important that you provide both your daytime & evening telephone numbers, & email address (if applicable) when registering.

WITHDRAWAL OF COURSES: Continuing Studies reserves the right to withdraw, cancel or postpone courses listed in its publications. Should a course be withdrawn, cancelled or postponed, you will receive a full refund of the fees paid & when applicable, be placed on a waitlist for a subsequent offering of that course.

CONFIRMATION: You will receive confirmation when minimum enrolment has been met or 5 days prior to the start date by phone or email. Details will include specific class times, room numbers, suggestions of what to bring & directions with maps of the campus. Please be sure to include your daytime contact phone numbers &/or email address on your registration form.

TUITION RECEIPTS: Please keep your receipt – under some circumstances, tuition fees are tax deductible. You will receive an automatic receipt by return email if you are registering online & by mail (or email) if you register in person or by telephone or fax.

HST REQUIREMENTS & EXEMPTIONS: Any courses that are considered pre-requisites to higher learning or are admissions requirements at RRU, or any of the professional development & green learning courses that help to fulfill a certificate, will be HST exempt. All other courses will be subject to applicable taxes.

If you or your company is tax exempt, we require a letter requesting exemption on company letterhead to accompany your registration & payment.

CAMPUS ACCESSIBILITY: Please note that two of our heritage buildings, including Hatley Castle, have areas that are not easily accessible to persons who use wheelchairs. Please call Continuing Studies office 250-391-2600 ext. 4801 for more information & assistance before registering.

CHANGES IN PROGRAMS OF STUDY &/OR COURSES: The programs of study that our calendar lists & describes are available for the year(s) to which the calendar applies. They may not necessarily be available in later years. If the University must change the content of programs of study or withdraw them, all reasonable possible advance notice & alternative instruction will be given where possible. The University reserves the right to change or alter the content of courses, instructors & instructional assignments, enrolment limitations, & pre-requisites. The University will not, however, be liable for any loss, damages, or other expenses that such changes might cause.

ENROLMENT LIMITATIONS: The University makes every reasonable effort to project & plan enrolment to strike a practicable balance between available instructional resources & quality instruction. At times the number of students exceeds the instructional resources that we can reasonably make available & in such cases, we must reserve the right to limit enrolment in the courses listed in the calendar & to withdraw courses for which enrolment or resources are insufficient. In the event of a course becoming full, the student may indicate an interest in being placed on a waitlist &/or on a callback list for a future subsequent offering of that course. The University will not

be liable for any loss, damages, or other expenses that such limitations or withdrawals might cause.

FEES & OTHER CHARGES: The University reserves the right to alter the fees & other charges described in the calendar & on the website. The University will not be liable for any loss, damages, or other expenses that such changes might cause.

REGULATIONS & POLICIES: In registering for study, the student assumes certain responsibilities to the University &, if registered, shall be subject to all rules, regulations & policies for students as amended from time to time. University rules, regulations & policies are available for review at: www.royalroads.ca/admissions/code-conduct/policy-on-learner-rights-&responsibilities.htm

Continuing Studies at Royal Roads welcomes everyone 18 years & older, (& in those courses designed for all ages, children under 14 years of age must be accompanied by an adult), on an open-admission basis.

No credit for degree at Royal Roads is awarded for study in Continuing Studies.

EMERGENCY UNIVERSITY CLOSINGS: Bulletins of emergency closing due to poor weather conditions are available by calling the Security office at 250-391-2525 or checking the website at www.royalroads.ca

CAMPUS SECURITY: Royal Roads University Security office is located on the main floor of the Millward Building & is open 24 hours a day, 7 days a week, 365 days of the year. For an emergency, call 391-2525 or pick up any campus phone & dial 2525. This should be your first response in any emergency.

PARKING: There are several parking options at Royal Roads with pay parking in effect in all areas at all times. www.royalroads.ca/about-rru/the-university/campus-information/campus-map/

WHERE, HOW and WHAT? For directions on how to get to the campus as well as campus services such as parking, food services, maps, security and recreation, please visit our website: <http://www.royalroads.ca/about-rru/the-university/campus-information/>

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Front: detail of “Pelican Diving”,
48”x 42”, acrylic on canvas, 2005.



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